



Bloody Mary pepper prawns

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 1 shallots finely chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 0.5 tsp celery seed
- ☐ 14 large shrimp raw deveined
- ☐ 2 tsp cornstarch
- ☐ 0.3 tsp ground pepper
- ☐ 0.3 tsp pepper black

- ☐ 50 ml vodka
- ☐ 100 ml passata
- ☐ 3 tbsp catsup
- ☐ 9 servings all the tabasco sauce you handle hot
- ☐ 1 sticks top good

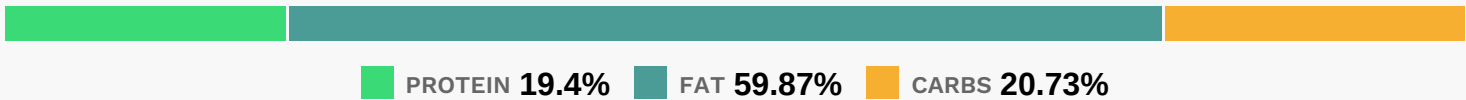
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a large frying pan or wok.
- ☐ Add the shallot and fry for 1-2 mins until softened.
- ☐ Add the garlic and celery seeds, and sizzle for 1 min more, then turn the heat up to high. Toss the prawns with the cornflour, cayenne and black pepper.
- ☐ Add to the pan and stir-fry for 1 min until turning pink, then add the vodka (stand back as it may catch fire) and bubble until most of the liquid has evaporated.
- ☐ Add the passata, ketchup, Tabasco and a good pinch of salt. Give everything a stir and cook for 1 min more, then transfer to a serving dish. Scatter with celery leaves and place in the centre of the table with celery sticks and chunks of bread for mopping up the sauce.

Nutrition Facts



Properties

Glycemic Index:109.75, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:9.3743477696958%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 3.84mg, Luteolin: 3.84mg, Luteolin: 3.84mg, Luteolin: 3.84mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 373.12kcal (18.66%), Fat: 21.7g (33.39%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 15.19g (5.52%), Sugar: 9.04g (10.04%), Cholesterol: 112.7mg (37.57%), Sodium: 347.81mg (15.12%), Alcohol: 8.47g (100%), Alcohol %: 5.05% (100%), Protein: 15.82g (31.64%), Vitamin E: 4.52mg (30.13%), Copper: 0.48mg (23.9%), Phosphorus: 193.25mg (19.33%), Potassium: 552.77mg (15.79%), Vitamin K: 15.93µg (15.17%), Manganese: 0.28mg (13.87%), Magnesium: 46.18mg (11.54%), Iron: 1.99mg (11.04%), Vitamin C: 8.71mg (10.56%), Vitamin A: 496.88IU (9.94%), Vitamin B6: 0.18mg (9.03%), Zinc: 1.29mg (8.59%), Calcium: 76.3mg (7.63%), Fiber: 1.73g (6.9%), Vitamin B3: 1.24mg (6.19%), Vitamin B2: 0.1mg (5.71%), Folate: 13.37µg (3.34%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.03mg (2.28%), Selenium: 1.2µg (1.72%)