



Grilled Prawns with Pasta au Pistou



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup lightly almonds salted whole coarsely chopped
- ☐ 1 pound vermicelli broken into 1-inch pieces
- ☐ 2 cup basil leaves fresh loosely packed
- ☐ 1 cup flat-leaf parsley fresh loosely packed
- ☐ 2 clove garlic minced
- ☐ 4 servings ground pepper fresh
- ☐ 4 servings kosher salt
- ☐ 1 lemon zest for serving

- ☐ 0.8 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 1 quart water boiling

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ colander

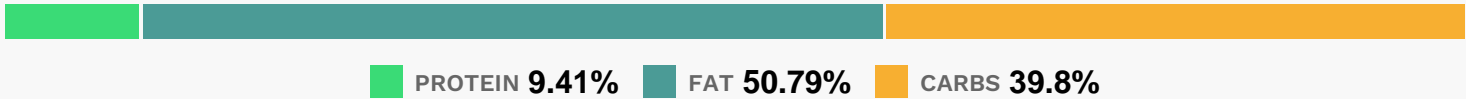
Directions

- ☐ In a colander, toss the eggplant with 2 teaspoons of kosher salt and let drain for 20 minutes. Rinse the eggplant well and squeeze out as much water as possible.
- ☐ Heat the ¼ cup olive oil in a large soup pot.
- ☐ Add the eggplant to the pan and let cook over medium high heat until one side browns some. Do not stir.
- ☐ Add the onions lower the heat, stirring occasionally, until they have become soft but not browned, about 8 minutes.
- ☐ Add the garlic and cook for 2 minutes, stirring.
- ☐ Add half of the zucchini and cook until they too begin to soften, about 5 minutes. Stir in the tomatoes. Cover and cook over moderately low heat, stirring occasionally, until the vegetables are very soft, about 10 minutes.
- ☐ Pour the boiling water into the pot and add the drained cannelloni beans, and the pasta.
- ☐ Add the bouquet garni, cover and simmer gently over moderately low heat until the beans are heated through, about 5–8 minutes, long enough to cook the pasta al dente. Season the soup generously with salt and pepper. Stir in the remaining diced zucchini. Turn the heat off and remove the pan from the heat while you prepare the pistou and grilled prawns.
- ☐ Put the almonds, basil, parsley, anchovies and their oil, and garlic in a food processor. Pulse 6 or 8 times until just combined. I prefer a varied texture so there is no need to scrape the

sides. But you may if you like.Turn the machine on and add the oil in a slow, steady stream
Process until nearly smooth.

- ☐ Transfer the contents to a large bowl. Stir in lemon zest; season with salt and pepper. Set aside ¼ cup of the pistou for the prawns.
- ☐ Heat a grill to medium–high. Toss the prawns with the reserved ¼–cup of pistou. Grill, the prawns turning once, until cooked through, about 3 minutes per side; season with salt and pepper. Just before serving, re–heat the pistou pasta and serve the prawns on top with a big dollop of pistou and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:34.09, Inflammation Score:-9, Nutrition Score:25.40565231572%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 698.89kcal (34.94%), Fat: 40.9g (62.93%), Saturated Fat: 20.08g (125.52%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 66.71g (24.26%), Sugar: 61.01g (67.79%), Cholesterol: 0mg (0%), Sodium: 628.9mg (27.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Vitamin K: 307.56µg (292.91%), Manganese: 1.65mg (82.68%), Vitamin A: 1898.36IU (37.97%), Vitamin B3: 7.52mg (37.58%), Magnesium: 142.38mg (35.6%), Copper: 0.67mg (33.56%), Vitamin E: 4.79mg (31.96%), Vitamin C: 24.96mg (30.26%), Phosphorus: 296.32mg (29.63%), Folate: 97.82µg (24.45%), Vitamin B2: 0.38mg (22.23%), Fiber: 5.39g (21.56%), Potassium: 604.83mg (17.28%), Vitamin B1: 0.24mg (16.29%), Calcium: 155.97mg (15.6%), Iron: 2.31mg (12.83%), Zinc: 1.89mg (12.58%), Vitamin B6: 0.19mg (9.58%), Vitamin B5: 0.84mg (8.38%), Selenium: 1.56µg (2.23%), Vitamin B12: 0.12µg (2.08%)