



Honeyed Prawns & Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons capers
- ☐ 0.3 cup currants
- ☐ 0.3 cup feta cheese crumbled
- ☐ 10 ounces corn kernels fresh
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon thyme leaves dried fresh

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup polenta
- ☐ 1 pound and prawns deveined peeled
- ☐ 4 servings sea salt
- ☐ 4 tablespoons tomato paste

Equipment

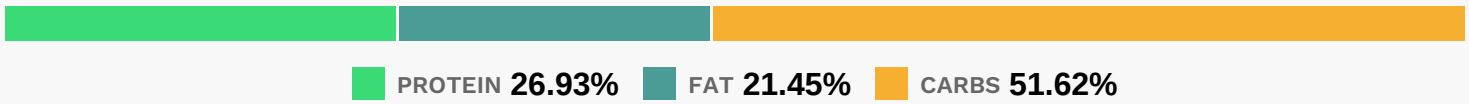
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat the oven to 400°F (204°C). Butter an 8 x 10-inch (20.3 x 25.4 cm) baking dish. Oil a rimmed baking sheet with olive oil. Set the pans aside.
- ☐ Combine the tomato paste, honey, lemon juice, olive oil, hot sauce, garlic powder, and a pinch or two of salt in a medium bowl. Toss the prawns with the marinade. Set the bowl aside, giving it a stir every few minutes.
- ☐ For the polenta: Bring 3 cups cold water to a boil in a medium stainless-steel pot.
- ☐ Add the polenta. Cook seven minutes, stirring often.
- ☐ Remove the pot from the heat, cover, and let sit for 10 minutes.
- ☐ In a large bowl, mix the corn (completely thawed if frozen), currants, honey, butter, and thyme. Stir in the polenta, and season with salt and pepper to taste.
- ☐ Add polenta mixture to the buttered baking dish.

- ☐ Spread evenly with a spatula, and place in the oven to bake for 35 minutes.
- ☐ Spread the prawn mixture evenly onto the oiled baking sheet. After the polenta has baked for 25 minutes, add the prawns to the oven, alongside the polenta.
- ☐ Place both pans on same rack if possible; otherwise, place the baking sheet on the lower rack.
- ☐ Bake the prawns for five minutes.
- ☐ Remove the baking sheet from the oven, and flip all of the prawns over. Return to the oven and bake an additional five minutes, until the polenta is slightly browned and the prawns are pink and firm.
- ☐ Remove the prawns and the polenta from the oven. To serve, scoop individual servings of the polenta onto plates.
- ☐ Lay a few prawns over each serving, then top with crumbled feta, fresh parsley, and capers.
- ☐ Drizzle with a few lashings of hot sauce, if desired.
- ☐ Reprinted with permission from Homemade Living: Keeping Bees with Ashley English: All You Need to Know to Tend Hives, Harvest Honey & More. Text © 2011 by Ashley English. Published by Lark Crafts, a division of Sterling Publishing Co., Inc.

Nutrition Facts



Properties

Glycemic Index:67.07, Glycemic Load:5.13, Inflammation Score:-7, Nutrition Score:16.141739102809%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 453.91kcal (22.7%), Fat: 11.22g (17.26%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 57.28g (20.83%), Sugar: 16.71g (18.57%), Cholesterol: 201.22mg (67.07%), Sodium: 774.05mg (33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.39%), Vitamin K: 43.29µg (41.23%), Phosphorus: 404.32mg (40.43%), Copper: 0.63mg (31.35%), Potassium: 814.57mg (23.27%), Magnesium: 92.76mg

(23.19%), Zinc: 2.58mg (17.22%), Vitamin C: 13.93mg (16.89%), Manganese: 0.34mg (16.86%), Calcium: 161.53mg (16.15%), Vitamin A: 794.28IU (15.89%), Iron: 2.67mg (14.81%), Selenium: 10.21µg (14.58%), Vitamin B1: 0.21mg (14.11%), Fiber: 3.48g (13.9%), Vitamin B3: 2.58mg (12.88%), Vitamin B6: 0.25mg (12.69%), Vitamin B2: 0.21mg (12.44%), Folate: 44.43µg (11.11%), Vitamin E: 1.43mg (9.56%), Vitamin B5: 0.88mg (8.75%), Vitamin B12: 0.22µg (3.62%)