



Leek & prawn gratin

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 4 medium leek
- ☐ 3 tbsp olive oil
- ☐ 6 servings salt (see tip below)
- ☐ 1 knob butter
- ☐ 250 g tiger prawns raw peeled
- ☐ 100 ml whipping cream
- ☐ 1 knorr hollandaise sauce well (see 'Goes with' below)
- ☐ 1 handful parsley fresh chopped

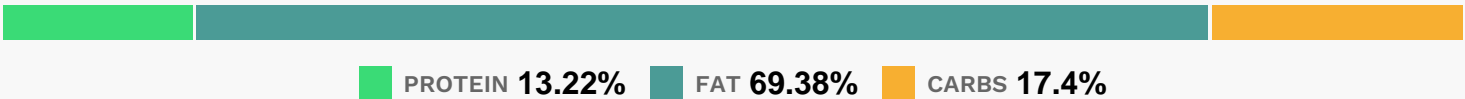
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Top and tail the leeks, then slit in half and wash well. Slice thinly and drain.
- ☐ Heat 2 tbsp oil in a large frying pan and saut the leeks for about 5 mins until softened and reduced by two-thirds. Season with curry salt and mix in a knob of butter, if liked. Tip into a bowl.
- ☐ Heat the grill to high.
- ☐ Wipe out the pan and heat with the remaining oil. Season the prawns with more curry salt to taste and stir-fry until just pink.
- ☐ Mix into the leeks.
- ☐ Whip the cream to form soft peaks and fold into the hollandaise along with the herbs, then fold into the leeks and prawns. Divide between six gratin dishes and brown under the grill, about 5 mins.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:10.137826059176%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 210.43kcal (10.52%), Fat: 16.54g (25.44%), Saturated Fat: 6.7g (41.9%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.24g (3%), Sugar: 2.81g (3.12%), Cholesterol: 78.99mg (26.33%), Sodium: 469.9mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin K: 43.94µg (41.85%), Vitamin A: 1454.17IU (29.08%), Selenium: 13.47µg (19.24%), Vitamin E: 2.34mg (15.63%), Manganese: 0.3mg (14.96%), Phosphorus: 133.38mg (13.34%), Folate: 47.68µg (11.92%), Vitamin B6: 0.21mg (10.6%), Vitamin C: 8.11mg (9.83%), Vitamin B12: 0.5µg (8.25%), Iron: 1.43mg (7.96%), Copper: 0.15mg (7.5%), Calcium: 70.52mg (7.05%), Magnesium: 27.36mg (6.84%), Vitamin B3: 1mg (5%), Potassium: 174.45mg (4.98%), Fiber: 1.09g (4.36%), Zinc: 0.53mg (3.51%), Vitamin B2: 0.06mg (3.38%), Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.31µg (2.07%)