



Paprika Grilled Shrimp with Olive Oil Poached Baby Purple Potatoes, Pickled Onions & Italian Style Salsa Verde

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 fillet anchovy
- ☐ 2 cup arugula dry washed and spun ,
- ☐ 2 teaspoon capers rinsed drained
- ☐ 1 cup flat parsley roughly chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 clove garlic minced peeled

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 cup olive oil divided as needed plus more for poaching potatoes (aprox)
- ☐ 0.3 cup paprika smoked spanish (pimenton de la vera)
- ☐ 3 tablespoon red wine vinegar
- ☐ 2 slice rustic bread white
- ☐ 4 servings salt and pepper as needed to taste
- ☐ 0.3 cup citrus champagne vinegar

Equipment

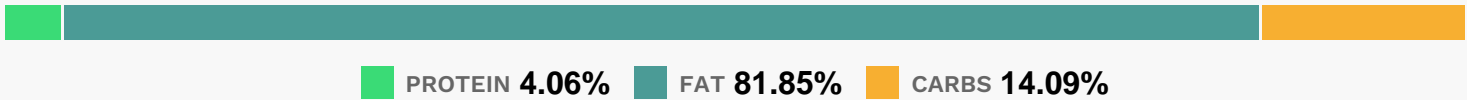
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Make the salsa verde: In a small bowl, pour the vinegar over the bread, tossing to completely wet the bread. Set aside. In a food processor, combine the cornichons, capers and anchovies, pulsing until finely chopped, but not pureed.
- ☐ Add the soaked bread and pulse 3 or 4 times.
- ☐ Add the parsley and hard boiled egg, pulsing an additional 2 or 3 times. Scrape down the sides of the processor, then with the machine running, gradually drizzle in about 1 cup of the olive oil through the feed tube. Turn off the machine and taste the sauce. It should be spreadable but not too thick.
- ☐ Add additional oil to adjust consistency. Make the paprika oil: Using a blender, mix the paprika and 1 ½ cups olive oil until completely smooth.
- ☐ Pour the mixture into a small saucepan and cook over medium low heat until bubbles form along the edge of the pan. Do not let the mixture boil or the paprika may scorch.

- ☐ Remove the oil from the heat, allowing the flavors to meld, about 5 minutes. Strain the oil through a paper coffee filter while still warm. The oil strains more quickly when warm. Discard solids.Store the strained oil in an airtight jar, up to one month.Prepare the shrimp: Use one half cup of the paprika oil to marinate the shrimp in the refrigerator at least one hour and up to 24 hours. Poach the potatoes: Preheat the oven to 300 degrees F. Arrange the potatoes in a pie plate that is large enough to just hold them in a single layer. Season generously with salt and pepper.
- ☐ Pour on enough plain olive oil to reach one third up the sides of the potatoes. Scatter the thyme and garlic on top. Poach in the oven, uncovered, until the potatoes are tender. About 25 minutes.
- ☐ Remove them from the oven and allow them to cool completely.Pickle the onions: In a medium bowl, toss the onion slices with the vinegar and a pinch of salt.
- ☐ Let stand for 15 minutes to one hour.
- ☐ Whisk together one half tablespoon extra virgin olive oil and the lemon juice.
- ☐ Add the arugula. Toss until lightly coated.Strain the potatoes and place them in the center of a large serving platter. Top them with the dressed arugula, laying the shrimp on top. Scatter the pickled red onion over the plate and dollop the salsa verde all around.
- ☐ Serve with additional salsa verde passed at the table.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:21.382608623608%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 404.52kcal (20.23%), Fat: 38.4g (59.08%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 8.59g (3.12%), Sugar: 4.6g (5.11%), Cholesterol: 1.8mg (0.6%), Sodium: 518.38mg (22.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin K: 292.31µg (278.39%), Vitamin A: 5912.17IU (118.24%), Vitamin E: 10.49mg (69.96%), Vitamin C: 24.45mg (29.63%), Fiber: 6.3g (25.18%), Iron: 4.38mg (24.31%), Manganese: 0.36mg (17.85%), Vitamin B6: 0.36mg (17.85%), Vitamin B3: 2.84mg (14.21%), Potassium: 465.43mg (13.3%), Folate: 44.46µg (11.12%), Vitamin B2: 0.18mg (10.88%), Magnesium: 39.94mg (9.99%), Copper: 0.2mg (9.93%), Calcium: 97.29mg (9.73%), Phosphorus: 72.5mg (7.25%), Zinc: 0.95mg (6.37%), Selenium: 4.39µg (6.27%), Vitamin B1: 0.07mg (4.95%), Vitamin B5: 0.27mg (2.71%)