



Prawn & fennel cocktail

 **Gluten Free**  **Dairy Free**

READY IN



22 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 heads fennel bulb trimmed
- ☐ 1 tbsp caster sugar
- ☐ 2 tsp maldon sea salt
- ☐ 0.5 juice of lemon
- ☐ 400 g king prawns cooked peeled
- ☐ 1 handful chervil leaves roughly chopped
- ☐ 1 handful tarragon leaves roughly chopped
- ☐ 6 small handfuls salad leaves mixed

- ☐ 1 optional: lemon cut into 6 wedges
- ☐ 1 small chilli red deseeded
- ☐ 1 garlic clove
- ☐ 1 pinch saffron strands
- ☐ 250 ml mayonnaise

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ mortar and pestle

Directions

- ☐ To make the rouille, use a pestle and mortar to mash chilli and garlic to a smooth paste. Bring the saffron to a simmer with 4 tbsp of water. Stir saffron water, garlic and chilli into the mayonnaise and put in the fridge, until ready to use.
- ☐ Cut the fennel into quarters, remove the cores and use a Japanese mandolin or sharp knife to slice as thinly as possible. Bring a pan of water to the boil and blanch the fennel for 1 min until just wilted.
- ☐ Drain and tip into iced water.
- ☐ Drain again and use a cloth to wring out all the excess water, then leave in the fridge.
- ☐ To assemble the dish, season the fennel with the sugar, salt, a decent grinding of pepper and the lemon juice.
- ☐ Cut most of the prawn tails in half, saving a whole one for each serving.
- ☐ Mix the chopped prawns into the fennel, then add the chopped chervil and tarragon and enough rouille to bind everything together (about 6–7 tbsp). Half-fill 6–8 martini glasses loosely with the fennel mix.
- ☐ Place the mixed leaves on top, then a whole prawn tail, then drizzle with the fennel juices that will have collected at the bottom of the bowl.
- ☐ Serve straight away with a wedge of lemon.

Nutrition Facts



 **PROTEIN 16.33%**  **FAT 68.64%**  **CARBS 15.03%**

Properties

Glycemic Index:67.6, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:16.113478227802%

Flavonoids

Eriodictyol: 5.23mg, Eriodictyol: 5.23mg, Eriodictyol: 5.23mg, Eriodictyol: 5.23mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 385.72kcal (19.29%), Fat: 30.23g (46.51%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 10.6g (3.85%), Sugar: 7.73g (8.59%), Cholesterol: 123.9mg (41.3%), Sodium: 1177.66mg (51.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.37%), Vitamin K: 138.84µg (132.23%), Vitamin C: 44.93mg (54.47%), Phosphorus: 233.41mg (23.34%), Potassium: 803.92mg (22.97%), Copper: 0.39mg (19.31%), Manganese: 0.36mg (17.82%), Fiber: 4.29g (17.17%), Vitamin A: 729.17IU (14.58%), Vitamin E: 2.06mg (13.7%), Folate: 53.5µg (13.38%), Magnesium: 52.29mg (13.07%), Calcium: 119.79mg (11.98%), Iron: 1.85mg (10.26%), Zinc: 1.33mg (8.88%), Vitamin B6: 0.16mg (7.77%), Vitamin B3: 1.11mg (5.55%), Vitamin B2: 0.08mg (4.69%), Vitamin B5: 0.44mg (4.43%), Selenium: 2.14µg (3.06%), Vitamin B1: 0.04mg (2.86%)