



Prawns with Romesco sauce

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pepper red thin
- ☐ 3 fat garlic cloves
- ☐ 1 fat fresh red
- ☐ 1 large tomatoes ripe
- ☐ 10 hazelnuts shelled
- ☐ 10 blanched almonds and
- ☐ 3 sprigs parsley
- ☐ 1 small slice day-old bread

- ☐ 8 tbsp olive oil
- ☐ 2 tbsp red wine vinegar
- ☐ 400 g pack frozen cooked peeled

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ cocktail sticks

Directions

- ☐ Prepare ahead – halve the pepper lengthways and remove the seeds and stalk. Line a grill pan with foil and put the pepper halves, skin side up, on the grill pan with the whole garlic cloves, chilli and tomato. Grill for 2 minutes, turn the tomato, then grill for a further 2 minutes.
- ☐ Remove the tomato with a large spoon, then peel, quarter and remove the seeds. Then chop the tomato roughly.
- ☐ Continue grilling the pepper, chilli and garlic for 4–5 minutes, until the pepper and chilli skins have blackened and the garlic is starting to soften (the garlic skin will start to split when it is ready). When cool enough to handle, peel and halve the chilli, and scrape out and discard the seeds. Peel the pepper and roughly chop both the pepper and chilli.
- ☐ Spread nuts over the foil and grill until toasted. Finely chop the nuts and parsley in a food processor. Tip into a small bowl.
- ☐ Heat 3 tablespoons of oil in a frying pan, add the pepper, garlic and chilli and fry for 3 minutes. Tear up the bread and add to the pan, turning it in the oil until lightly browned. Pulse in food processor with the tomatoes, salt, vinegar and oil until roughly chopped. Tip into a bowl. Leave to cool and store in fridge for up to 3 days.
- ☐ On the day add the nuts and parsley to the sauce and mix.
- ☐ Serve in a small bowl on a plate with the peeled prawns. Supply cocktail sticks for spearing the prawns.

Nutrition Facts

 **PROTEIN 16.26%**  **FAT 73.24%**  **CARBS 10.5%**

Properties

Glycemic Index:25.07, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:7.9647826435773%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 159.96kcal (8%), Fat: 13.21g (20.32%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.5g (1.66%), Cholesterol: 50.4mg (16.8%), Sodium: 242.41mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.19%), Vitamin C: 24.98mg (30.28%), Vitamin E: 2.91mg (19.43%), Selenium: 12.87µg (18.39%), Vitamin K: 14.78µg (14.08%), Vitamin A: 664.79IU (13.3%), Phosphorus: 121.27mg (12.13%), Manganese: 0.21mg (10.46%), Vitamin B6: 0.16mg (8%), Vitamin B12: 0.44µg (7.4%), Copper: 0.13mg (6.66%), Vitamin B3: 1.22mg (6.09%), Folate: 21.77µg (5.44%), Magnesium: 19.87mg (4.97%), Potassium: 154.54mg (4.42%), Zinc: 0.57mg (3.79%), Fiber: 0.91g (3.65%), Calcium: 34.67mg (3.47%), Vitamin B1: 0.05mg (3.26%), Iron: 0.54mg (3%), Vitamin B2: 0.04mg (2.38%), Vitamin B5: 0.23mg (2.32%)