



## Spicy prawn cocktail with tomato & coriander dressing

 Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 350 g tiger prawns raw peeled
- 1 garlic clove
- 1 to 5 chillies red
- 5 tbsp olive oil
- 2 vine ripened tomato
- 1 tbsp juice of lemon
- 1 tsp clear honey

- 1 tbsp cilantro leaves chopped
- 2 little gem lettuces
- 1 avocado ripe peeled
- 1 handful arugula
- 6 servings wholewheat pita breads italian toasted

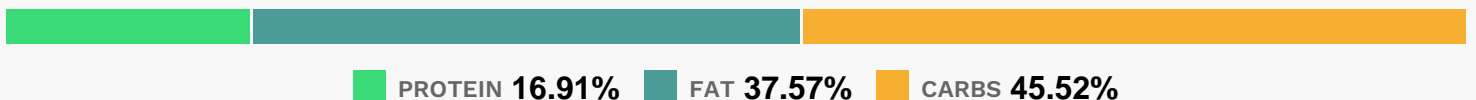
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Prepare Ahead: Pat the prawns dry with kitchen paper. Peel the garlic and finely chop. Halve the chilli, discard the seeds and finely chop.
- Mix the garlic, chilli and prawns.
- Heat 1 tablespoon of the oil in a pan, add the prawns and stir fry for 2–3 minutes, until pink. Tip into a bowl and leave to cool, then chill for up to 8 hours.
- Quarter the tomatoes and discard the seeds. Finely chop the flesh and tip into a bowl with the lemon juice, honey and remaining oil.
- Add coriander, season and whisk until slightly thickened. Cover and chill for up to 8 hours.
- On The Day: Tear the gem leaves into small pieces. Chop the avocado flesh. Fill six glasses with lettuce, avocado and rocket leaves. Pile the prawns on top and spoon over the dressing.
- Serve with Italian flatbread or toasted pittas.

## Nutrition Facts



## Properties

Glycemic Index:66.38, Glycemic Load:33.26, Inflammation Score:-9, Nutrition Score:30.043043743009%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 428.65kcal (21.43%), Fat: 18.68g (28.74%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 42.6g (15.49%), Sugar: 11.1g (12.33%), Cholesterol: 73.5mg (24.5%), Sodium: 644.27mg (28.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Vitamin C: 85.6mg (103.75%), Vitamin B6: 1.1mg (55.16%), Manganese: 1.08mg (53.81%), Folate: 172.87µg (43.22%), Potassium: 1424.35mg (40.7%), Vitamin B2: 0.66mg (38.91%), Phosphorus: 373.43mg (37.34%), Fiber: 8.31g (33.24%), Vitamin K: 33.7µg (32.1%), Vitamin A: 1405.97IU (28.12%), Magnesium: 109.43mg (27.36%), Selenium: 18.29µg (26.12%), Vitamin E: 3.89mg (25.93%), Vitamin B1: 0.39mg (25.91%), Vitamin B3: 5.01mg (25.07%), Copper: 0.5mg (24.77%), Zinc: 2.46mg (16.4%), Vitamin B5: 1.53mg (15.27%), Calcium: 152.1mg (15.21%), Iron: 2.73mg (15.17%), Vitamin B12: 0.65µg (10.79%)