

DINNER

Warm Scampi with Bottarga and Borlotti Salad

12 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$20.60	439 kcal

Warm Scampi with Bottargan and Borlotti Salad might be a good recipe to expand your main course recipe box. One serving contains 439 calories, 27g of protein, and 30g of fat. This gluten free, dairy free, pescatarian, and ketogenic recipe serves 4 and costs \$20.6 per serving.

Ingredients

☐ 1 cup borlotti beans, cooked and drained	☐ ½ teaspoon hot chili flakes
☐ 1 tablespoon thinly sliced ginger	☐ 1 Juice and zest of lemon
☐ 12 large 12 scampi or large prawns, peeled, leaving heads intact	☐ ½ cup radicchio, roughly chopped
☐ 4 tablespoons virgin olive oil plus 3 tablespoons	☐ ¼ cup white wine
☐ 8 ounce piece) bottarga (preserved tuna roe)	

EQUIPMENT Frying pan, Oven, Mixing bowl

Method

- 1 In a 12 to 14-inch saute pan, heat oil until smoking.
- 2 Add ginger and scampi and toss to coat. Cook 6 to 7 minutes, until golden brown yet still very tender and add the white wine. Meanwhile, place borlotti in a mixing bowl and add lemon juice, remaining oil, chili flakes and radicchio. Season with salt and pepper and toss to mix well. Arrange on four plates.

- 3 Place 3 warm scampi on each plate and sprinkle with shaved bottarga.
- 4 Sprinkle wit lemon zest and serve.;

Nutrition per serving

	439 KCAL	27 g PROTEIN	30 g FAT	13 g CARBS
Saturated Fat				6.5 g · 41% of daily needs
Fibre				4.6 g · 18% of daily needs
Sugar				0.4 g · 0% of daily needs
Sodium				1,371 mg · 60% of daily needs
Cholesterol				254 mg · 85% of daily needs
Vitamin C				3.4 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/warm-scampi-with-bottarga-and-borlotti-salad-142171