

Spanish-Style Prawns with Smoky Paprika Potatoes

A vibrant Spanish-inspired dish featuring succulent prawns cooked with garlic, olive oil, chilli and smoky paprika, paired with crispy golden potatoes seasoned with smoked paprika. Finished with fresh herbs and a touch of lemon, this flavour-packed dish brings together smoky, savoury and zesty notes in every bite.

Nutritional Info

Calories: 699 kcal

Carbohydrates: 59 g

Protein: 32 g

Fat: 39 g

Ingredients

- Prawns
- Mix Salad Leaves
- Baby Potatoes
- Lemon
- Garlic Clove
- Bell Pepper
- Sundried Tomato Pesto
- Smoked Paprika
- Mayonnaise

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Crustasceans (Prawns)

Nuts (Almonds in pesto)

Egg (Mayonnaise)

Mustard (Mayonnaise)

Sulphites (Balsamic Vinegar in pesto)

Pesto may contain traces of Peanuts and Sesame

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Preheat the oven to 200°C*

2) *Prepare the potatoes*

Chop the potatoes into small pieces and lay out on a baking sheet. Drizzle with olive oil and sprinkle over the paprika. Season with salt and pepper and give everything a good toss until the potatoes are fully coated. Place in the oven for around 30 minutes or until nice crisp - tossing half way through the cooking.

3) *Prepare the vegetables*

Chop up the bell pepper into chunks. Peel and crush or finely grate the garlic. Set aside about ¼ tsp per person of the crushed garlic for the aioli and keep the remainder for later.

4) *Make the aioli*

Add the mayonnaise to a bowl with the reserved garlic. Squeeze in around ½-1 tsp of lemon juice and mix well. Gradually add a little cold water if you like a more loose, dressing-style aioli.

5) *Cook the Spanish Prawns*

Place a frying pan on medium heat with a drizzle of oil. Add the chopped peppers to the pan and stir fry until slightly softened. Add the prawns and stir fry for about 2-3 minutes or until they are turning pink. Stir in the pesto and cook for a final minute or so. Check the prawns are cooked (opaque, firm and hot throughout but not rubbery). Switch off the heat.

6) *Plate up!*

Plate the potatoes and mixed leaves. Add the prawns and peppers. Drizzle over the aioli. Enjoy!

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