

Pesto Prawns

Recipe from Ann Souter
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1023 kj	12%
Energy (kcal)	247 kcal	12%
Fat	62.1g	30%
of which saturates	3.1g	16%
Carbohydrate	2.6g	1%
of which sugars	0.5g	1%
Fibre	0.6g	2%
Protein	12g	24%
Salt	0.33g	6%

Generated by Nutritics v5.61 on 22nd Jan 2021

INGREDIENTS: (Serves 2)

2 tbsp mixed seeds (ground up) such as sunflower, linseeds and pumpkin seeds, 3 tbsp extra virgin olive oil, a small handful of watercress or raw spinach, 2 tsp lemon juice, ground black pepper to taste, 8 large raw tiger prawns, peeled (**CRUSTACEANS**)

2 wooden skewers

METHOD:

1. For the pesto combine all the ingredients, excluding the prawns, in a food processor and whizz until you have a thick paste. If the mixture is too thick then you can add a little more oil or lemon juice.
2. Put the pesto in a shallow dish and add the raw prawns to marinate for an hour, at least.
3. Soak two wooden skewers in water and use to skewer the prawns.
4. Cook under a medium hot grill or in a griddle pan for a couple of minutes on each side until they turn pink. They can be eaten hot or cold but must be eaten within 1 day of cooking.

ALLERGENS



CRUSTACEANS

MODIFY

CREDIT

Recipe by: Rowena Paxton
Photo by: Schwartz