



This fiery dish of prawns, tomatoes, garlic and citrusy gremolata is bound to impress.

Takes: 30 min | Dairy-Free | Equipment Required: Food processor

Cals 407 | Prot 33 | Carbs 59 | Fat 4

Tips For Fussy Eaters

Omit the chilli flakes.

Pro Tip

Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.

Ingredients	For 2	For 3	For 4	
Prawns				
Jumbo prawns	300	450	600	Grams
Quinoa				
White quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	0.5	1	1	Tsp
Tomato sauce				
Garlic cloves	3	4	6	Piece
Olive oil	1	1	2	Tbsp
Tomato paste	30	30	50	Grams
Honey	15	15	30	Grams
Vegetable stock cube	1	1	2	Piece
Chopped tomatoes	400	400	800	Grams
Onion powder	4	4	8	Grams
Chilli flakes	2	2	2	Grams
Dried oregano	2	2	2	Grams
Gremolata				
Lemon	1	1	2	Piece
Fresh parsley	15	15	30	Grams
Fresh mint	10	10	20	Grams
Olive oil	3	4	6	Tbsp
Salt	0.5	1	1	Tsp



1 Cook quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



2 Cook

Meanwhile, peel and mince the **garlic**. Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **garlic** and fry for 1 min. Add the **tomato paste, honey, stock cube, chopped tomatoes, salt, onion powder**, a pinch of **chilli flakes (spicy!)** and the **dried oregano**. Simmer for 10 min.



3 Gremolata

Meanwhile, wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice half the **lemon** into a food processor. Add the **parsley** and **mint leaves, olive oil, lemon zest** and **salt** to the food processor. Blitz. This is your **gremolata**. Slice the remaining **lemon** into wedges.



4 Fry

Drain the **prawns** on kitchen paper. Add the **prawns** to the **tomato** sauce and cook for 2-3 min until pink and cooked through (make sure to flip the **prawns** half way through).



5 Serve

Serve the **prawns** and sauce over the **quinoa**. Top with the **gremolata**. Serve the **lemon** wedges alongside.



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