



Product Spotlight: Catalano's

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.

CATALANO'S
SEAFOOD

Spiced Gazpacho with Grilled Prawns and Herby Bread

This gazpacho is made up with barbecued red capsicum and tomato, adding layers of earthy flavour, blended with cooling cucumbers, served with grilled prawns and herby bread.



30 minutes



4 servings



Fish

Go ahead..!

Gazpacho is designed to be served as a cold or cool soup, a beautifully refreshing dish. This means that you can prepare the soup component ahead of time. BBQ and blend vegetables 1 hour or 1 day ahead of time if desired!

Per serve: **PROTEIN** 36g **TOTAL FAT** 25g **CARBOHYDRATES** 25g

FROM YOUR BOX

BROWN ONION	1
TOMATOES	4
RED CAPSICUMS	2
GARLIC CLOVES	2
PARSLEY	1 packet
JALAPENO	1
ROSEMARY AND OLIVE LOAF	1
PRAWNS	200g
LEBANESE CUCUMBERS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, balsamic vinegar

KEY UTENSILS

BBQ, stick mixer (or high-speed blender)

NOTES

Garlic cloves remain in their skins while barbecuing.

Gluten-free option - Rosemary & Olive loaf replaced with GF Country loaf.



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1. BBQ THE VEGETABLES

Wedge onion and tomatoes. Cut capsicums into large pieces. Toss with garlic cloves (see notes) **oil, 1 tbsp smoked paprika, salt and pepper**. Add to BBQ over medium-high heat with **oil**. Cook, turning, for 6-8 minutes until vegetables are tender. Remove to fridge to chill.



4. BBQ THE PRAWNS

Coat prawns with **oil, salt and pepper**. Add to BBQ and cook for 2 minutes each side.



2. PREPARE THE TOPPINGS

Finely chop parsley (including tender stems) and slice jalapeño.



3. TOAST THE BREAD

Slice rosemary and olive loaf. Drizzle over **oil**. Add to BBQ to toast until golden.



5. BLEND THE GAZPACHO

Roughly chop cucumbers. Add to a large bowl or saucepan along with barbecued vegetables and **500 ml water**. Use a stick to blend to smooth consistency. Season with **1 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide gazpacho among bowls. Add prawns and prepared toppings. Serve with toasted bread.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

