



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

Barbecued Prawns with Herby Bread and Capsicum Gazpacho

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

Warm it up!

If a cold soup isn't for you, fear not! This dish can easily be served warm. Blend the barbecued veggies or sautéed veggies in a large saucepan and blend.

Per serve: **PROTEIN** 20g **TOTAL FAT** 56g **CARBOHYDRATES** 4g

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, salt, pepper, smoked paprika, balsamic vinegar

KEY UTENSILS

BBQ, stick mixer (or high-speed blender)

NOTES

Gazpacho is designed to be served as a cold or cool soup. You can prepare the soup component ahead of time. BBQ and blend vegetables 1 hour or 1 day ahead of serving if desired!

Garlic cloves remain in their skins while barbecuing.

No gluten option – focaccia rolls are replaced with gf bread. Slice bread and toast.



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1. BBQ THE VEGETABLES

Wedge **onion** and **tomatoes**. Cut **capsicum** 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 ROLLS

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**

