SPANISH · LUNCH · SNACK

Gambas a la Plancha with Aioli

20 min · Serves 4 · 310 kcal a serve · Video 5:37 · Bart's Fish Tales

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Cooked in their shells on hot salt, the prawns need no oil at all: five give about 22 g of protein, most of a day's selenium and over half a day's vitamin B12. Almost all the fat is in the aioli, so dip lightly.

Diet notes: Keto (1.1 g net carbs a serve); Low saturated fat (2.2 g, 6% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the sunflower oil.

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Ingredients 9 · SERVES 4

- [ ] 20 **raw king prawns**, unpeeled, heads and tails on
- [ ] 250 g **coarse sea salt** for the pan bed (most is left behind)
- [ ] 2 **garlic** cloves, for the aioli
- [ ] 1 **egg yolk**, for the aioli
- [ ] 100 ml **sunflower oil**, for the aioli
- [ ] 2 tsp **lemon juice**, for the aioli
- [ ] a pinch of **salt**, for the aioli
- [ ] a pinch of **black pepper**, for the aioli
- [ ] a **lemon wedge**, a few drops to serve (optional)

Allergens found in the listed ingredients: Crustacea, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the aioli: crush the garlic to a smooth paste in a mortar, mix in the egg yolk and a pinch of salt, then add the sunflower oil drop by drop, stirring all the time, until thick. Season with lemon juice and pepper and chill. 0:33
2. Spread a layer of coarse sea salt over the base of a large heavy frying pan and heat it over medium-high for about 2 minutes, until the salt is very hot. 1:47
3. Use whole raw king prawns with heads and shells on, ideally MSC- or ASC-certified. Lay them on the hot salt and press them in gently so one side is covered. 2:17
4. Cook 2–3 minutes until the underside turns red, then turn them over and cook another 2–3 minutes. The shells crisp while the meat steams in its own juices. 3:21
5. Serve straight away with the aioli. Twist off the heads, peel the shells, dip in the aioli and add a few drops of lemon if you like. 4:29

> **Tip** Serves 4 as a tapa (5 prawns each). The meat doesn't taste salty because the shells protect it. For carnivore, skip the aioli and lemon. The aioli uses raw egg yolk. Give everyone a finger bowl of warm water with a lemon slice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
310 kcal	22 g	1.2 g	0.1 g	24 g	590 mg
1,300 kJ	45% of a day	1.1 g net · 0.2 g sugars	0% of a day	2.2 g saturated	26% of a day
		0% of a day		31% of a day	

Energy from net carbs 1% · protein 29% · fat 70% — fits keto: 1.1 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Omega-3 148% · Selenium 86% · Vitamin B12 67% · Vitamin E 35%

Source of (10–19%) Zinc 14% · Vitamin K 14% · Vitamin B6 11%

Recipe and video: Bart's Fish Tales (@Bartsfishtales) on YouTube — youtube.com/watch?v=s7R4Yakny-o, published 10 November 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gambas-a-la-plancha-salt-prawns