SPANISH · LUNCH · DINNER · SNACK

Gambas al Ajillo: Spanish Garlic Prawns

20 min · Serves 4 · 413 kcal a serve · Video 6:31 · Spain on a Fork

Pescatarian · No dairy listed · No nuts listed

Prawns make each serve rich in protein, very high in selenium and a good source of vitamin B12; the sauce is just garlic-infused olive oil and wine, with no butter, cream or added sugar.

Diet notes: Keto if you skip the crusty baguette; Low saturated fat (2.9 g, 6% of the energy); Paleo with a swap: leave out the crusty baguette; Gluten-free with a swap: Skip the baguette or use gluten-free bread; the prawns themselves are gluten-free.

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Ingredients 9 · SERVES 4

- [ ] 6–8 **garlic** cloves, thinly sliced
- [ ] 15 **raw jumbo prawns** (about 11 oz), peeled and deveined
- [ ] **sea salt**, to taste
- [ ] **freshly cracked black pepper**, to taste
- [ ] 4 small **dried cayenne peppers**
- [ ] ⅓ cup **white wine** (or broth)
- [ ] ⅓ cup extra **virgin olive oil**
- [ ] a handful of **fresh parsley**, chopped, to garnish
- [ ] 1 **crusty baguette**, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Crustacea, Sulphites. 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. Peel and thinly slice the garlic. Pat the prawns completely dry with paper towel and season with salt and pepper. 0:37
2. Heat the olive oil in a large frying pan over medium heat for 2 minutes, season the oil lightly with salt, then add the garlic and dried chillies, stirring constantly so the garlic colours evenly. 2:09
3. After about 2 minutes, when the garlic is pale gold, add the prawns in a single layer. Cook 1½–2 minutes, then flip them. 3:05
4. Pour in the white wine, raise the heat to medium-high and cook about 2 more minutes until the alcohol has cooked off and the prawns are just cooked through. 3:34
5. Tip everything into a serving dish, scraping up all the sauce, sprinkle with parsley and serve with baguette for mopping up the garlic oil. 4:12

> **Tip** Serve as a tapa with bread, or spoon over wholewheat pasta for a main. Swap the wine for broth or white grape juice to cook without alcohol. Don't overcook the prawns or they turn rubbery.

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
413 kcal	20 g	35 g	1.8 g	20 g	770 mg
1,730 kJ	41% of a day	33 g net · 2.1 g sugars 13% of a day	6% of a day	2.9 g saturated 25% of a day	33% of a day

Energy from net carbs 34% · protein 20% · fat 46%

High in (20%+ of a day) Selenium 84% · Vitamin B12 42% · Vitamin E 24% · Vitamin K 24% · Omega-3 21%

Source of (10–19%) Zinc 14% · Vitamin B6 13% · Magnesium 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=oUdJsGO_CiM, published 18 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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-al-ajillo