SPANISH · DINNER · LUNCH

Spanish Prawn and Zucchini Skillet

35 min · Serves 4 · 253 kcal a serve · Video 6:46 · Spain on a Fork

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

25 g protein and 12 g net carbs a serve from prawns, zucchini and tomatoes in olive oil, with no flour, sugar or dairy.

Diet notes: Low saturated fat (1.6 g, 6% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 12 · SERVES 4

- [ ] 2 medium **zucchini**, cut into 1 cm rounds
- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 1 medium **onion**, finely chopped
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 1 tbsp (15 ml) **sherry vinegar** (or red wine, white wine or cider vinegar)
- [ ] ½ tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **dried oregano**
- [ ] 1 can (430 g, 425 g) diced **tomatoes**
- [ ] 120 ml **vegetable or chicken broth**
- [ ] 450 g **raw jumbo prawns**, peeled and deveined
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] **fresh parsley**, to garnish

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

Allergens found in the listed ingredients: 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. Slice the zucchini into 1 cm rounds, toss with a little sea salt in a colander and leave 10 minutes to draw out water. Pat dry on paper towels, rubbing off most of the salt. 0:54
2. Heat 3 tbsp olive oil in a large frying pan over medium heat. Sauté the onion and garlic, stirring, for about 3 minutes until the onion turns translucent. 2:01
3. Add the zucchini and sauté about 5 minutes, stirring every minute or so, until lightly golden. 2:36
4. Stir in the sherry vinegar, smoked paprika and oregano, then add the tomatoes and broth. Season, mix and simmer about 5 minutes until slightly reduced. 3:02
5. Pat the prawns dry and season them. Stir them into the pan, lower the heat and simmer 3–4 minutes, just until cooked through. Serve from the pan with parsley. 4:03

> **Tip** Salting the zucchini first keeps it firm, so it doesn't turn mushy in the sauce. Any firm white fish, cut into chunks, works in place of the prawns.

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
253 kcal	**25** g	**16** g	**3.9** g	**11** g	**710** mg
1,060 kJ	51% of a day	12 g net · 8.5 g sugars 6% of a day	14% of a day	1.6 g saturated 14% of a day	31% of a day

Energy from net carbs 19% · protein 41% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 84% · Vitamin B12 64% · Vitamin C 37% · Vitamin K 29% · Vitamin B6 29% · Vitamin E 27% · Omega-3 25% · Zinc 20%

Source of (10–19%) Potassium 19% · Magnesium 18% · Folate 16% · Iron 15% · Calcium 10% · Vitamin A 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=2Zg_g8EoLTQ. 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/spanish-shrimp-and-zucchini-skillet