



## Paprika Spiced Prawns with Cauliflower Couscous

This dish takes less than half an hour to create, giving the entire family a delicious and wholesome main meal.

serves 4

### Ingredients

- 1 medium head cauliflower
- 3 tbsp olive oil
- 95g dried apricots (or 3 fresh), roughly chopped
- 2 tbsp
- fresh lemon juice
- freshly ground black pepper
- 20 medium prawns, peeled and deveined
- 1 tsp paprika
- 1/2 seedless cucumber, cut into 1/2 inch pieces
- 5g fresh mint leaves, roughly chopped



### Method

1. Thinly slice the head of the cauliflower and place it in a food processor. Roughly chop the thick stems and add them to the food processor.
2. Pulse the cauliflower until it is finely chopped and resembles couscous.
3. Heat 1 tablespoon of oil in a large skillet over a medium heat. Add the pulsed cauliflower, apricots, and 1/2 teaspoon pepper and cover, stirring occasionally until the cauliflower is beginning to soften, this will take 2 to 3 minutes.
4. Transfer to a large bowl and combine with the lemon juice and 1 tablespoon oil.
5. Wipe out the skillet and heat the remaining tablespoon oil over medium heat. Season the prawns with paprika. Working in batches, cook the prawns until opaque throughout, 1 to 2 minutes per side.
6. Add the cucumber and mint to the cauliflower and toss to combine.
7. Serve immediately with the prawns.

The Grange  
Welford Road

### **We've updated our policy regarding how we treat and protect your data.**

Please read our Privacy and Cookie Policy anytime for more information. This site uses cookies to help you have a good experience and help us improve our site's performance. By using this site you agree to our use of cookies.

OK, I agree

No, give me more info