

Romesco with Lemon & Fresh Oregano Pan-fried Prawns



By [Ashley Alexander](#)

Here's the perfect starter for your next dinner party or barbecue. This dish looks impressive but requires minimal effort. To make the romesco you simply combine all the ingredients in a food processor. And, if you're hosting a BBQ, I would 100% grill the prawns on the barbecue instead of pan-frying them for that ultimate charred and smoky flavour.

MAKES 6-8 as a starter/appetiser | **PREP TIME** 20 min | **COOK TIME** 10 min | **TOTAL TIME** 30 min

INGREDIENTS

Romesco

- 300g roasted red capsicum, (from a jar or roasted fresh - see notes if roasting fresh)
- 100g (3/4 cup) roasted almonds
- 3 tablespoons hemp seeds
- 2 cloves fresh garlic
- 1 small shallot
- 2 tablespoons red wine vinegar
- 1/2 teaspoon smokey paprika
- 1/2 teaspoon sea salt, plus more to taste if necessary
- 1 teaspoon honey
- 1/4 cup extra virgin olive oil

Prawns

- 500g fresh prawns, peeled with tails intact
- Zest of 1 lemon
- Generous pinch of Aleppo pepper flakes or mild chili flakes to your taste
- Flakey sea salt
- 2 tablespoons fresh oregano leaves
- 2 tablespoons extra virgin olive oil
- 1 clove of garlic, freshly grated or crushed
- Squeeze of lemon juice

To serve

- Aioli, to serve (optional)

METHOD

Prepare the romesco

1. Combine the roasted red capsicum, roasted almonds, hemp seeds, garlic, shallot, red wine vinegar, smoked paprika, sea salt, honey, and olive oil in a food processor.
2. Blend until almost smooth.
3. Adjust salt to taste and transfer to a serving bowl. Set aside.

Marinate the prawns

1. In a bowl, toss the prawns with lemon zest, chili flakes, salt, fresh oregano, olive oil, and garlic until evenly coated.

Cook the prawns

1. Heat a pan over medium-high heat. Add a drizzle of olive oil if needed.
2. Pan fry the prawns until cooked through, opaque, and slightly golden on the outside. This usually takes 6-8 minutes due to the quick cooking time of prawns.

To serve

1. Arrange the cooked prawns on a serving platter alongside the prepared romesco.
2. Add lemon wedges and optionally serve with aioli.
3. I love to sprinkle extra hemp seeds, sea salt, and freshly cracked black pepper as garnish.

NOTES

If roasting your own capsicum from fresh, simply roast 2 large whole red capsicums at 200°C/400°F for about 45 minutes. Allow them to cool, then remove and discard the skin and seeds.

This romesco would be delicious with BBQ or grilled chicken thighs in place of the prawns. Simply marinate the chicken in the same way, then BBQ or bake. Afterward, smear the romesco onto a serving plate and top it with the grilled chicken.

If serving for a dinner party as a main course or starter, you can also present it by spreading a thick layer of the romesco on a platter. Add the prawns over the top, accompanied by some lemon wedges on the side. This allows people to scoop into the dish, enjoying a bit of romesco and prawns in every scoop.

The Romesco sauce can be prepared in advance and stored in the refrigerator for a day or two, simplifying the final meal preparation.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/romesco-lemon-fresh-oregano-pan-fried-prawns>

Let me know if you make the recipe! x **@gatherandfeast**