

Paprika prawns and green beans (gluten free)

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Green beans add snap and colour to the garlicky prawns and butter beans in this Spanish-inspired sauté. Serve with quinoa or brown rice.

Ingredients (serves 6)

- 4 cups green beans, trimmed
- 3 tbsp extra-virgin olive oil
- ¼ cup minced garlic
- 2 tsp paprika
- ½ kg raw [prawns](#), peeled and deveined
- 2 x 450 g cans large butter beans or cannellini beans, rinsed
- ¼ cup sherry vinegar or red-wine vinegar
- ½ cup chopped fresh parsley, divided
- Salt and pepper, to taste

Method

Bring 3cm of water to a boil in a large saucepan. Put green beans in a steamer basket, place in the pan, cover and steam until tender-crisp, four to six minutes.

Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic and paprika and cook, stirring constantly, until just fragrant but not browned, about 20 seconds. Add prawns and cook until pink and opaque, about two minutes per side. Stir in [beans](#), vinegar and salt; cook, stirring

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occasionally, until heated through, about two minutes. Stir in $\frac{1}{4}$ cup parsley.

Divide the green beans among six plates. Top with the prawn mixture. Sprinkle with pepper and the remaining $\frac{1}{4}$ cup parsley.

Recipe Tips & Notes:

To peel prawns, grasp the legs and hold on to the tail while you twist off the shell. Save the shells to make a tasty stock: Simmer, in enough water to cover, for 10 minutes, then strain. The 'vein' running along a prawn's back (technically the dorsal surface, opposite the legs) under a thin layer of flesh is really its digestive tract.

To devein prawns, use a paring knife to make a slit along the length of the prawn. Under running water, remove the tract with the knife tip.

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