

Chargrilled Prawns and Delicata Squash with Arugula and Herb Oil

- by Healing Family Eats

If you can't find large prawns, you could use smaller ones but more of them. This recipe is equally toothsome with marinated strips of beef or chicken.

(serves 4)

20-24 tiger prawns (shell on, deveined)
zest and juice of 2 limes
2 cloves garlic, minced
2 delicata squash, halved lengthways and cut into 1/4 inch semi circles
2 tbsp [coconut oil](#), melted
4 handfuls arugula
extra virgin olive oil for drizzling
extra lime wedges for garnish
for the herb oil:
1/2 cup olive oil
1/2 cup mint leaves
1/2 cup flat leafed parsley leaves
1/4 tsp [sea salt](#)

Put the prawns into a large bowl and add the zest and juice of the lime, together with the garlic. Mix well, cover and pop into the fridge for a couple of hours to marinate.

Put the olive oil, mint, parsley and salt into a small blender or food processor (a [nutri-bullet](#) is my favourite thing for this) and blitz until smooth. Have a final squeeze of the halved limes and let the remnants drip into the mixture.

Place the squash into a second large bowl and pour over the coconut oil. Mix quickly (before the oil solidifies) to thoroughly coat the squash. Slowly heat up a cast iron griddle ([I use this one](#) which does the job perfectly, otherwise do it in two batches in a skillet) until very hot then add the squash, spacing them out so they grill rather than steam. Turn the heat to medium and cook the squash for 5 minutes until coloured, then turn over and cook a further 4-5 minutes or until the squash is tender. Remove onto a large serving dish and keep warm.

Next, add the prawns to the griddle and cook for 3-4 minutes on each side until cooked through (they should no longer look translucent) and looking temptingly charred. Add the prawns to the serving dish, together with the arugula and gently mix everything together. Drizzle a little of the herb oil over the top, add a few lime wedges and put the remaining herb oil into a bowl for dipping.

