

Prawn toast with pesto and chicory

Ingredients

For the prawn toast

300g/10½oz prawns, peeled
2 tbsp roasted hazelnut oil
2 free-range egg whites
fresh nutmeg, grated
8 slices granary or multigrain bread
vegetable oil, for frying
salt and freshly ground black pepper

For the walnut and coriander pesto

60g/2¼oz walnuts
1 big bunch coriander
1 garlic clove, chopped
1 tbsp grated Parmesan
1 green chili, roughly chopped
100ml/3½fl oz olive oil

To serve

2 heads red chicory, root removed and leaves separated
3 tbsp olive oil
1 lemon, juice only

Method

1. For the prawn toast, pulse the prawns in a food processor with the hazelnut oil, egg whites, nutmeg, salt and pepper until smooth. Spread the mixture evenly on the bread slices.
2. Heat a frying pan and add the vegetable oil. Once hot, shallow fry the toast until golden-brown on both sides, fry the prawn side first. Drain on kitchen paper.
3. For the pesto, put all the ingredients, except the olive oil, in a blender. Add half the oil and pulse, adding more oil until the pesto has a smooth consistency (you may not need all the oil).
4. To serve, put the chicory leaves in a large bowl. Mix the oil and lemon juice in a small bowl and season with salt and pepper. Pour the dressing over the leaves and toss to coat the leaves.
5. Trim and cut the toast into bite-size pieces and serve warm with the pesto and dressed chicory leaves.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Give prawns on toast a flavour twist with a dash of nutmeg, perfect pesto and crisp chicory.

By Michel Roux Jr.
From Saturday Kitchen