

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Grilled Shrimps with Rocket Pesto Gnocchi

ready in under 25 minutes!



### Ingredients – serves 4 people

30 each shell on shrimps (16 / 20 size – ask your fishmonger to remove the shell, the legs and stomach tract but leave the tail on)

4 Tbsp pomace oil

1 Tbsp smoked sweet paprika

1 Tbsp lime juice

1 Tsp sea salt

pesto ingredients

3 Tbsp pine nuts (lightly toasted and cooled)

1 pkt rocket 100gm weight (washed & drained)

1 large garlic clove (crushed)

50 gram parmesan cheese (grated)

10 Tbsp olive oil

2 pkts readymade potato gnocchi

1 large spring onion (washed & sliced thinly at a 45° angle)

15 each asparagus spears (washed, trimmed & cut into 3)

1 lemon (cut into wedges)

### Method

Place shrimps, pomace oil, smoked sweet paprika, lime juice and salt into a zip lock bag and seal.

Shake the bag vigorously to ensure all shrimps are coated and ingredients are evenly mixed. Set aside.

Pre-heat the grill on a high heat.

Prepare your grill pan with a layer of foil.

Place marinated shrimps onto foil and ensure they are spread out in a single layer. Place under the hot grill.

Bring 2 litres of water to the boil and add a good pinch of salt.

Prepare the pesto by;

Place all pesto ingredients into a blender / food processor.

Blitz on high until fully mixed and fairly smooth.

Leave to the side.

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Place asparagus into the boiling water and cover pan with a lid.

Turn the shrimps after 2 – 3 minutes and continue to cook for a further 2 – 3 minutes. Turn off the heat and keep warm.

Remove the asparagus from the boiling water after 3 minutes and keep to the side. Add the potato gnocchi and bring back to the boil.

Cook for 2 -3 minutes only and then drain into a colander.

Place cooked asparagus, gnocchi and most of the shrimps into the pan you cooked the gnocchi in.  
Add 4 or 5 Tbsp of pesto and lightly toss / stir to coat.

Either divide equally onto 4 serving plates and top with the remaining shrimps or place into desired serving platter and arrange remaining shrimps over.

Add lemon wedges and serve!

## Notes from the chef:

The dressing can be made in advance and kept in the fridge for a week.

There are many types of gnocchi available in supermarkets and this recipe uses chilled gnocchi that is cooked in boiling water. You can use the gnocchi that can be cooked directly in a pan ‘poeler’ but follow the cooking instructions on the packet and adjust timings accordingly.

Pine Nuts are not ‘tree nuts’ so if you have a nut allergy then you should be safe to eat this pesto – if in doubt, please check with a medical professional.

If you wish to barbeque the shrimps, it is better to leave the shell and head on as this not only protects the flesh and will add a smoky flavour but also helps prevent drying out.

Grilling the lemon wedges before serving to subtly change the flavour as well an attractive garnish.

Tbsp - tablespoon

Tsp - teaspoon