

CHORIZO-PRAWN-PRUNE-SKEWERS WITH SWEET POTATO DIP



Time
40 min



Servings
4

Calcium Recommended Daily Intake
13.5%

Calories

468

Calcium

108mg

Protein

16g

Vitamin D

15 IU

Ingredients

- 1 sweet potato (approx. 250 g)
- Salt
- 175 g cream cheese
- 1 tbsp. Tahini
- 2–3 tbsp. lemon juice
- 1/4 – 1/2 tsp. cayenne pepper
- 8 big prawns (for example tiger prawns, approx. 200 g)
- 2 tbsp. olive oil
- 100 g soft chorizo (Spanish sausage with peppers)
- 12 Sunsweet prunes

Additional:

- 4 wooden skewers

Instructions

1. Peel and cube the sweet potato for the dip. Boil in 100 ml water and a pinch of salt for 10 minutes until soft. Puree the sweet potato pieces in the water it is boiled in. Let puree cool.
2. Mix sweet potato puree with cream cheese, tahini and 2 tbsp. lemon juice. Season the dip with salt, cayenne and lemon juice if needed. Refrigerate.
3. Put the wooden skewers in cold water for 30 minutes to prevent them from burning on the grill. Peel prawns except for the tail. Cut lengthways and remove the intestines. Wash prawns, blot dry and coat in olive oil. Cut chorizo into 8 pieces. Thread 2 prawns, chorizo pieces and 3 prunes alternately onto each skewer. Grill on a hot BBQ for 4–6 minutes. Serve with sweet potato dip.



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