

Mediterranean Prawn and Tomato Stew with Lemon-Herb Gremolata

A vibrant Italian-inspired seafood stew featuring succulent prawns in a tomato-wine broth, finished with zesty gremolata—naturally low-GI and blood sugar friendly.

Prep: 10 min

Cook: 35 min

Total: 45 min

Servings: 4

GL 20.3 / GI 33

Ingredients

- Lower GI than regular potatoes; cook and cool slightly for resistant starch

new potatoes
- Healthy monounsaturated fats help moderate blood sugar response

extra virgin olive oil
- Contains chromium which supports insulin function

large onion, thinly sliced
- Very low GI; adds fiber and crunch

celery stalks, cut into 1-inch pieces
- May help improve insulin sensitivity

garlic cloves, finely chopped
- Provides omega-3 fatty acids and umami depth

anchovy fillets, finely chopped
- Capsaicin may support metabolic health

red chilli flakes
- Low GI; rich in lycopene and fiber

canned chopped tomatoes
- Alcohol content cooks off; adds acidity and depth

dry white wine
- Choose low-sodium to control blood pressure

vegetable stock, low-sodium
- Excellent lean protein source; zero carbohydrates

raw king prawns, peeled and deveined

Vitamin C and acidity help moderate glycemic response lemon, zest and juice

Adds briny flavor without sugar salted capers, rinsed and drained

Rich in antioxidants and vitamin K fresh flat-leaf parsley, roughly chopped

Sourdough fermentation lowers GI compared to regular bread whole grain sourdough bread, toasted

Instructions

Step 1

Place the new potatoes in a large pot and cover with cold salted water. Bring to a boil over high heat, then reduce to medium heat and simmer for 15-20 minutes until the potatoes are tender when pierced with a knife but still hold their shape. Drain thoroughly and set aside to cool slightly, then cut into thick rounds about 1 cm thick. Allowing them to cool helps develop resistant starch, which lowers the glycemic impact.

Step 2

While the potatoes cook, heat the olive oil in a large, deep sauté pan or Dutch oven over medium-low heat. Add the sliced onion and celery pieces, seasoning with a pinch of salt and freshly ground black pepper. Cook gently for 5-6 minutes, stirring occasionally, until the vegetables begin to soften and become translucent.

Step 3

Add the chopped garlic, anchovy fillets, and chilli flakes to the pan. Continue cooking for another 2-3 minutes, stirring frequently and using your spoon to break down the anchovies until they dissolve into the oil, creating a fragrant base for the stew.

Step 4

Increase the heat to medium-high and pour in the white wine, allowing it to bubble vigorously for 2 minutes to cook off the alcohol. Add the chopped tomatoes and vegetable stock, stirring to combine. Bring the mixture to a simmer, then reduce heat to medium and cook uncovered for 15 minutes, stirring occasionally, until the sauce thickens slightly and the flavors meld together.

Step 5

Add the sliced potatoes, raw prawns, lemon juice, and rinsed capers to the stew. Stir gently to distribute the ingredients evenly without breaking up the potatoes. Cook for 4-5 minutes until the prawns turn pink and opaque throughout, being careful not to overcook them as they can become rubbery.

Step 6

While the prawns finish cooking, prepare the gremolata by combining the chopped parsley and lemon zest in a small bowl, mixing well with your fingers to release the aromatic oils from the zest.

Step 7

Taste the stew and adjust seasoning with additional salt and pepper if needed. Ladle the stew into warm shallow bowls, ensuring each serving has a good mix of prawns, vegetables, and potatoes. Generously scatter the fresh gremolata over the top of each portion and serve immediately with toasted sourdough bread on the side for dipping into the flavorful broth.