

Chilli Prawns



Nutritional & Serving Information

Recipe Good For?	Low GI	Serves	4
Time to Prep	15 Mins (30mins marinade)	Time to Cook	20 Mins
Calories (per serving)	373	Carbohydrate (g)	11.6
Fibre (g)	1	Fat (g)	9.7
Protein (g)	47.1	Sugars (g)	0.6

Ingredients

2 limes - juice only	1 ½ tbsp. chopped chilli	1 ½ tbsp. ginger (freshly grated)
2 tbsp. coconut oil*	200g courgette - grated	1 kg prawns**
3 garlic cloves (crushed)	70g wholegrain rice	Lime wedges to serve
175ml water (to cook rice)		

Cooking Method

Melt the coconut oil in a bowl or saucepan and add in the lime juice, chilli, ginger and garlic

Split the mixture into two, placing the prawns into one half of the mixture and combine.

Place the prawns in the fridge for at least 30minutes

Boil the water then add the rice and simmer until all water is absorbed (can steam if you prefer)

Turn off the rice and add the grated courgette

Cook the prawns in batches for 2-3 minutes each side and add to the rice

Add the leftover and the remaining marinade and heat to boiling

Pour the mix over the rice/prawns/courgettes and mix to combine

Use the lime wedges to serve

Recipe

Tips

You can use a chilli paste or te pre-chopped chilli to make it quick and easy

I often steam wholegrain rice to be used in dishes over the next few days

Unless you have a huge frying pan, cooking the prawns in batches will make it easier

Always wash your rice before cooking it, it will stop it sticking together

Don't drain any of the marinade when you cook your prawns, just add it to the other half later

Do use the lime wedges, even if you're only cooking for yourself. It has been proven that your brain believes a meal is more substantial if it is well presented.

All the oil/grease you need to cook the prawns should come from the marinade, don't add extra!

* recommend Bioglan Organic Coconut oil

**I use deveined green prawns when I can get them but any type will work well