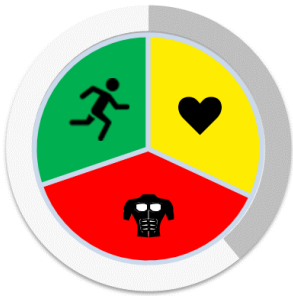




SPICY PRAWN QUINOA

SERVES 2 PREP ~ 15mins SUITABLE FOR: Pescatarian & supplement Free

One of my go to meals during the week, when I want a delicious balanced meal, with minimal fuss. Quinoa is a good carb choice as it is lower glycaemic index and contains all the essential amino acids. Prawns are a lean protein option and peas contain a good amount of Vit C. The spices & garlic give it a real zing & are anti-inflammatory.



NUTRITION INFO

Health Score 7.2. High in Vit A, Vit B12 & Copper

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
352.3	31.1g	6.4g (7.1%)	39.1g	5.2g	0.8g (3.8%)	7.8g (26%)

INGREDIENTS

- 225g Prawns
- 200g Ready to eat Quinoa
- 200ml Vegetable Broth
- 2 Garlic Cloves (chopped) or 1 tsp garlic Paste
- ½ Onion, Finely Chopped
- 1 Cup Frozen Peas
- 1-2 Tsp chilli powder
- 1 Tbsp Olive/ Rape seed/ coconut Oil

METHOD

1. Heat the olive oil in a pan, add the onion & cook for ~ 3 min.
2. Add the broth & peas & simmer for ~ 8 min
3. Meanwhile, heat oil in another pan. Add the prawns, garlic & chilli powder & cook the until prawn are white/pink.
4. Microwave the quinoa.
5. Add quinoa & prawns to broth & simmer for ~ 1-2min. Season to taste.

