

PRAWNS THE ABBY WAY

INGREDIENTS

- 5 units of prawns, standard, purchased cooked [15 g]
- 125 grams of broccoli, frozen, chopped, unprepared
- 50 grams of mushrooms, shiitake, raw
- 25 grams of sweetcorn, baby, fresh and frozen, boiled in unsalted water
- 1/4 small unit of onions, raw [18 g]
- 1/2 clove of garlic, raw [2 g]
- 1 tsp of ginger root, raw [2 g]
- 1 stalk of onions, young green, tops only [12 g]
- 1/4 cup of coriander [cilantro] leaves, raw [4 g]
- 100 grams of rice, white, basmati, raw
- 10 grams of tandooripasta
- 1/4 can of coconut milk [100 g]
- 50 grams of yogurt, plain, low fat
- 0.2 grams of peppers, hot chili, red, raw

COOKING METHOD

- 1° Peel the scampi and remove the intestinal tract. If necessary, leave the tip of the tail.
- 2° Divide the broccoli into small florets. Peel the stem and cut into cubes. Pour boiling water over the cubes so that they can cook a little. Peel the onion and cut into thin rings. Bruise and peel the garlic. Finely chop the toes and crush them with a knife.
- 3° Peel the ginger and chop or finely grate it. Finely chop the chili pepper. Tear the shiitake into smaller pieces.
- 4° Bring water to the boil with a pinch of salt. Cook the rice according to the instructions on the package.
- 5° Heat a generous dash of oil in the wok. Fry the prawns in several portions on both sides in the hot oil and season with spices. Remove them from the wok. and keep warm. They must not be completely cooked yet.
- 6° Put an extra oil in the wok. Fry the onions in the hot oil and add the shiitake. Add the broccoli cubes, garlic, ginger and chili and fry on a high heat. Season with 2 tablespoons of tandoori herbs and tandoori pasta. Bake over high heat. Deglaze with the coconut milk and yogurt.
- 7° Cut the baby corn lengthwise into two. Add them with the broccoli florets and gamba to the rest of the vegetables and let everything cook for a few minutes over a high heat with a lid on the wok.
- 8° Clean the spring onions and cut into thin rings. Finish the gamba with chopped spring onion and bit of coriander. Add boiled rice.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	97 kcal	5 %
PROTEIN	4 g	7 %
CARBOHYDRATE	21 g	8 %
SUGARS	3 g	3 %
FAT	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
FIBER	1 g	5 %
SODIUM	43 mg	2 %