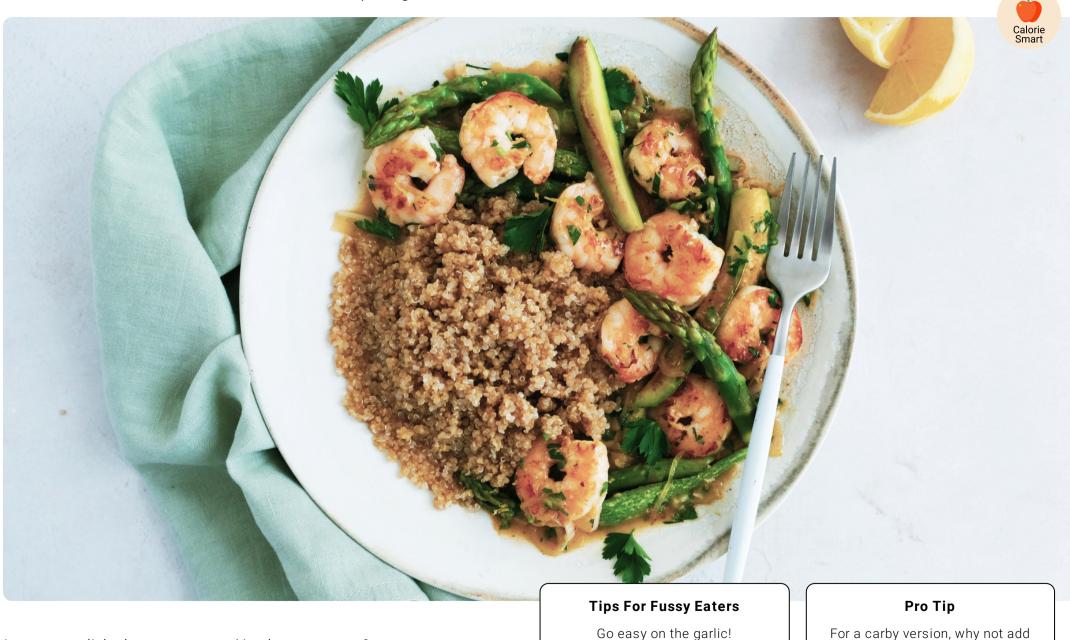
Lemon Garlic Butter Prawns

with Quinoa and Asparagus



Lemony, garlicky, buttery prawns. Need we say more?

Cooking Time: 30 min

Cals 498 | Prot 30 | Carbs 42 | Fat 24

For a carby version, why not add your favourite pasta to the prawns?

Ingredients For 2 For 3 For 4 Prawn Jumbo prawns 300 450 600 Garlic cloves 6 Shallots 2 2 Lemon 1 Fresh parsley 15 15 15 2 Vegetable oil 2 Salt 0.5 0.5 150 225 300 Water Vegetable stock cube 2 Salted butter 50 100 100 Black pepper 0.5 Vegetables Small zucchini Thick asparagus 250 375 500

Grams

Pieces

Pieces

Pieces

Grams

Tbsp

Tsp

ML

Pieces

Grams

Pieces

Grams

Tsp

Quinoa White quinoa 100 150 200 Grams Water 200 300 400 ML Salt 1 1 2 Tsp









1 Cook quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

2 Prep

Peel and mince the **garlic**. Peel and slice the **shallots**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Chop half of the **lemon** into slices. Juice the remaining half. Finely chop the **fresh parsley**. Chop the **zucchini** into batons. Rinse the green **asparagus**, remove its woody stems and chop into batons.

3 Fry prawns

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a mediumhigh heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min. Transfer the **prawns** to a plate, reserve the pan.







4 Cook veg

Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the asparagus and zucchini and fry for 3 min, stirring occasionally. Add the shallots and garlic and cook for 2 min. Add the measured water and stock and simmer for 3 min.

5 Sauce

Remove the pan from the heat, add the **butter**, **lemon slices**, 1/1.5/2 Tbsp of **lemon juice** and 0.5/0.75/1 tsp of **lemon zest**. Whisk until the sauce begins to thicken. Return the **prawns** to the pan and season with a pinch of **black pepper**.

6 Serve

Garnish the **prawns** with the **parsley**. Plate the **quinoa** and serve with the vegetables and **prawns** with the **sauce**