

# 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**

### Tips For Fussy Eaters

Go easy on the garlic!

### Pro Tip

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	Grams
Garlic cloves	3	4	6	Pieces
Shallots	1	2	2	Pieces
Lemon	1	1	2	Pieces
Fresh parsley	15	15	15	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Water	150	225	300	ML
Vegetable stock cube	1	1	2	Pieces
Salted butter	50	100	100	Grams
Black pepper	0.5	1	1	Tsp

### Vegetables

Small zucchini	2	3	4	Pieces
Thick asparagus	250	375	500	Grams

### 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 medium-high 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**.



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