



Nourish Bowls® Sesame Sriracha with Grilled Prawns

Servings

2

Calories

350

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

½ pound medium raw prawns, peeled and de-veined with the tails left on

2 cloves garlic, minced

1 tablespoon olive oil

Salt and freshly ground black pepper, to taste

1 (12 ounce) Mann™ Nourish Bowls® Sesame Sriracha

1 lime, cut into wedges



The Method

In a mixing bowl, toss the prawns with the garlic and olive oil. Season well with salt and pepper, to taste.

Heat a grill pan on high, add the prawns and grill for approximately 3 minutes per side, or until they are pink all the way through.

While the prawns are grilling, prepare the Mann™ Nourish Bowls® Sesame Sriracha according to the packaging directions. Divide the contents into two shallow bowls, top with the grilled prawns, and serve with lime wedges on the side.

Nutrition Facts

Serving Size 300g | Servings: 2

Amount Per Serving

Calories 350 | Total Fat 16g (sat fat 2g trans 0g) | Cholesterol 180mg | Sodium 1190mg | Total Carbohydrate 29g | Dietary Fiber 5g | Sugars 9g (Includes 5g Added Sugars) | Protein 24g | Vitamin D 0% | Calcium 10% | Iron 10% | Potassium 10%