



Sesame Sriracha Grilled Prawns

Servings

2

Calories

340

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Sesame Sriracha Nourish Bowl™

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

2 garlic cloves, minced

1 teaspoon olive oil

salt and ground black pepper, to taste

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. 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 Sesame Sriracha Nourish Bowl according to the package instructions. 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 340 | Total Fat 16g (sat fat 2g trans 0g) | Cholesterol 180mg | Sodium 1220mg | Total Carbohydrate 29g |

Dietary Fiber 5g | Sugars 9g (Includes 0g Added Sugars) | Protein 24g | Vitamin D 0% | Calcium 10% | Iron 10% | Potassium 10%