



# GARLIC PRAWNS WITH QUINOA

**SERVES: 4**

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**TOTAL TIME: 30 MINUTES**

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## INGREDIENTS

- 4 tsp **extra-virgin Olive oil**
- 450g raw tail-on **prawns**, peeled and deveined
- 1 tsp **salt**
- ½ tsp **chili powder**
- 50g finely chopped **onion**
- 3 cloves **garlic**, minced
- 200g **uncooked quinoa**
- ¼ tsp **cayenne pepper**
- 470ml low-sodium **chicken broth**
- 1 large **lemon**
- 3 tbsp **fresh parsley**

### MACROS PER PORTION

CALORIES	218	PROTEIN	24
CARBS	17	FATS	6
FIBRE	3		

## INSTRUCTIONS

In a large non-stick pan with a tight-fitting lid, heat 2 tsp of the olive oil over medium high. Add the prawns, then sprinkle with ½ tsp salt and ¼ tsp chili powder. Sauté until the shrimp are pink and cooked through, then immediately remove to a plate so they don't overcook.

Heat the remaining olive oil in the same pan, then add the onion. Cook until the onion begins to soften, before adding the garlic., quinoa, cayenne, and remaining ½ tsp salt and ¼ tsp chili powder.

Stir to coat the quinoa with the oil and allow to brown for 2 minutes. Pour in the chicken stock and bring to a boil. Cover and reduce the heat to a simmer for 12 to 15 minutes until the quinoa is tender. Uncover and fluff with a fork.

Zest the lemon directly into the pan, then juice the lemon and add the lemon juice and parsley to the pan as well. Toss to combine, then top with the prawns.

Sprinkle with additional fresh parsley and serve warm.