

Prawn and Quinoa salad

Recipe recommended by Rebecca Szczypka
BANT Registered



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	477 kj	6%
Energy (kcal)	114 kcal	6%
Fat	4.6g	7%
of which saturates	0.5g	3%
Carbohydrate	11g	3%
of which sugars	3.5g	4%
Fibre	2.6g	10%
Protein	5.7g	11%
Salt	0.23g	4%

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INGREDIENTS: (Serves 4)

- 120g quinoa – rinsed and cooked as per pack instructions
- 1x small red onion – sliced
- 200g – shelled **PRAWNS (CRUSTACEAN)**
- 2x cloves garlic – finely sliced
- 1x small cucumber – diced or thinly sliced
- 1x medium red pepper – diced
- Handful of flat leaf parsley – chopped
- A few sprigs of mint – sliced
- 1x large orange – peeled and segmented
- 60g flaked **ALMONDS (TREE NUT)**

Dressing:

- 1 tbsp olive oil
- Zest and juice of 1x lemon
- 1 tsp chili flakes
- Flaky salt
- Black pepper

METHOD:

- In a large mixing bowl – whisk the dressing ingredients together then add the cooked quinoa, cucumber, red pepper, herbs, and orange. Mix to combine – add more seasoning if necessary. Set aside.
- Heat a medium frying pan over a low/medium heat, add splash of oil and cook the onion gently until soft and translucent. Turn up the heat and add the prawns – cook for approximately 1 minute, until just cooked, then add the garlic and a pinch of salt. Cook for a further 20 seconds.
- Add the prawn mixture to the quinoa salad and gently mix through. Fold through the orange and top with flaked almonds.

ALLERGENS



CRUSTACEANS



TREE NUTS

MODIFY

Add a side of sliced avocado

CREDIT

Recipe and photo by:
R.Szczypka

