

GARLIC BUTTER PRAWNS WITH RICE **(serves 1)**

INGREDIENTS:

- 160G PRAWNS (*FRESH*)
- 50G RICE (*BROWN OR WHITE - RAW*)
- 15G MINGLE GARLIC & HERB SEASONING
- PARSLEY
- 4G LEMON ZEST
- 8G LURPAK BUTTER (*MELTED*)
- SALT & PEPPER
- ZUCCHINI (*GRATED*)



METHOD:

1. Cook rice in rice cooker using a 2:1 ratio. 50g Rice + 100g Water.
2. Grate zucchini & leave on the side.
3. Combine garlic & herb seasoning with parsley, lemon zest & melted butter into a marinade. (Note: This will not be very wet, but don't be concerned).
4. Add prawns into mixture & season to your liking with salt & pepper.
5. Place marinated prawns into pan & cook on a medium heat.
6. Serve with cooked rice & grated zucchini.