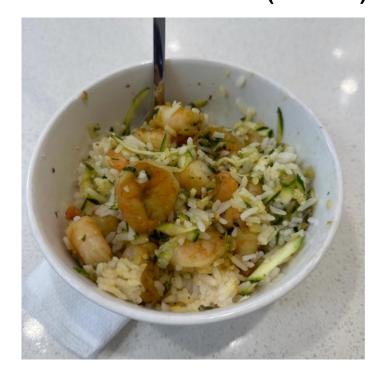


GARLIC BUTTER PRAWNS WITH RICE (serves 1)

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.