



**SPICY FRIED RICE
WITH PRAWNS**

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Serves: 3
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
372 kcal
11g Fats
52g Carbs
18g Protein



GF

DF

Q

WHAT YOU NEED

- 7 oz. (200g) basmati rice
- 2 tbsp. coconut oil
- 1 tbsp. crushed garlic
- 2 tbsp. grated ginger
- 7 oz. (200g) prawns
- 1 tsp. cumin
- 1 tsp. chili flakes
- pinch cinnamon
- handful coriander
- handful mint

WHAT YOU NEED TO DO

Cook the rice following the instructions on the packaging, taking care not to overcook it. Strain and put on a large plate or tray to cool (you can prepare earlier).

In the meantime, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry for about 2 minutes, stirring every now and then. Season with salt to taste.

Remove the prawns from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.

Divide onto the plates and garnish with mint and coriander to serve.