



Lemon Garlic Prawns with Quinoa & Kale



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 1 hand-sized portion of Quinoa
- 1 tsp Olive Oil
- 1/2 clove Garlic, minced
- 2 palm-sized Prawns (peeled & deveined)
- A handful Kale, chopped
- A squeeze of Lemon Juice

DIRECTIONS

1. Cook the quinoa according to package directions. Once cooked, drizzle with a bit of olive oil and season with salt and pepper. Fluff with a fork and set aside.
2. Saute garlic in olive oil for 30 seconds, then add prawns. Cook 2-3 minutes per side until opaque.
3. Add kale and stir until just wilted, about 2 minutes.
4. Squeeze in lemon juice and stir to combine.
5. Serve prawns and kale mixture over quinoa.

AVERAGE NUTRITION INFO

Energy : 1996 kJ / 477 Cal

Fat : 10 g

Carbs : 43 g

Protein : 55 g

Fibre : 5 g

Sugar : 0 g

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