

# LighterLife Management

## Week 1 Recipes:

### Hot garlic prawn salad

Use fresh, frozen or pre-cooked prawns.

**Serves: 1**

Nutrition per serving:

120 kcal, 25g protein, 2g carbs, 1g fat, 1g fibre

#### Ingredients:

- 1 clove garlic, crushed
- 2 tbsp hot stock (from LighterLife Savoury Broth)
- 150g king prawns, cooked
- 1 tbsp fresh coriander
- ½ tsp dried chilli flakes
- 1 large handfuls salad leaves
- 1 tsp fresh lime juice

#### Method:

1. Cook the garlic in a little of the stock.
2. Add the prawns, coriander, chilli flakes and the rest of the stock, and simmer until the prawns are piping hot
3. Serve mixed into the salad leaves, dressed with the cooking juices and the lime juice.

#### Tips:

- Crayfish are a good prawn substitute, and you could also make this with tofu or small pieces of Quorn.
- You could also make this cold – omit the stock and mix everything else together in a large bowl.
- Foodpack match: serve with Thai Noodles.