



Low Carb Garlic & Sesame Prawns Recipe

Prep time: 10 mins

Cooking time: 10 mins

Serves: 5

Ingredients:

- 2 tbsp coconut oil, divided
- 2 garlic cloves, finely chopped
- 20g sesame seeds, mixed
- 450g jumbo prawns, peeled and deveined
- 175g red capsicum, thinly sliced
- 225g baby bok choy, sliced length-wise, into quarters
- 40g scallions, sliced thinly, length-wise
- 2 tbsp tamari soy sauce
- Chili flakes and finely sliced scallion, to garnish (optional)

Method:

1. Heat 1/2 of the coconut oil in a large frying pan, over medium-high heat.
2. Add the prawns, garlic, and sesame seeds to the pan. Toss for about a minute, or until the colour of the prawns begins to change, and is just slightly cooked through.
3. Add the rest of the coconut oil, vegetables, and tamari soy. Stir fry for about 5 minutes, or until the vegetables are fork-tender.
4. Spoon into separate bowls, and garnish with red chili flakes and scallions.



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