



CHLOË BOWLER
complete wellbeing

PRAWN STIRFRY



Ingredients

- 200g cooked King Prawns
- 50g Tenderstem broccoli
- 10 closed cup Mushrooms
- 1 Red chilli
- 2 cloves of Garlic
- Gluten Free Soy sauce
- Coriander
- 1 Lime

Instructions

1. Heat 1 tablespoon of olive oil in a wok. Add the chopped garlic and brown.
2. Add the chopped mushrooms, broccoli and chopped red chilli and continue to stir. Add the prawns and a dash of soy sauce.
3. Finish with fresh coriander and a squeeze of lime juice.
4. This is delicious served on its own, or with rice noodles or wholegrain rice.

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