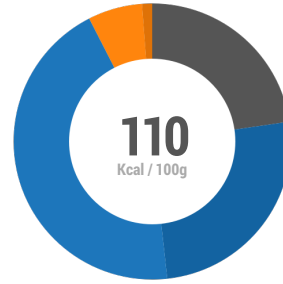


Sticky Indian Prawns with Mango, Red Onion and Radish Salsa

Overview ...

U / 7257177



CALORIES:

69.8% Carbs

22.7% Protein

7.5% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



CRUSTACEANS

MAY CONTAIN:



FISH



MOLLUSCS



CELERY



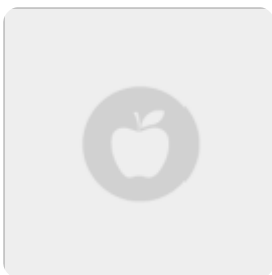
MUSTARD

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
185090 Whitby Bengali Spiced King Prawns.. - BRAKES	100g	0.59x Each
116335 Lion Indian Sweet Chilli Sauce.. - BRAKES	25g	0.05x Each
114221 Mangoes..	20g	
114222 Red Onions..	10g	
114212 Chillies Red.. - BRAKES	5g	0.02x Each
113885 Herb Bunched Coriander.. - BRAKES	5g	0.05x Each
105597 Micro Coriander BB.. - BRAKES	1g	0.03x Each
148955 - 148955 Radish.. - BRAKES	5g	0.02x Each

Products / Pack Sizes ...

1 Serving



 Product code

 Barcode

 171g / 192kcal

1

Preparation:

Dice the mango

Dice the chilli

Dice the red onion

Slice the radish

Method:

1. In a deep fat fryer at 180oC fry the prawns for 3 minutes until crisp & golden - drain well.
2. In a pan gently warm the Indian sweet chilli sauce and toss the prawns through the sauce
3. Mix the mango, chilli, onion, radish and coriander together to form the salsa
4. Place the prawns into a suitable dish and garnish with the mango salsa and coriander cress - serve!