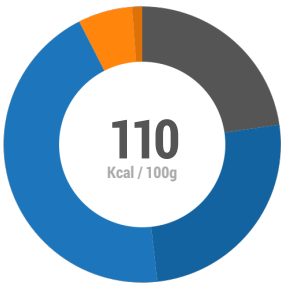


Sticky Indian Prawns with Mango, Red Onion and Radish Salsa

By Oliver Lloyd from Brakes




CALORIES:


69.8% Carbs

22.7% Protein


7.5% Fat


CONTAINS:

WHEAT

CRUSTACEANS


MAY CONTAIN:

FISH

MOLLUSCS

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
10233 Radish - BRAKES	5g	0.04x Each
105597 Micro Coriander BB - BRAKES	1g	0.03x Each

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!