

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S SPINACH RICE & LEMONY PRAWNS

 **Prep: 15 minutes**

 **Cook: 15 minutes**

 **Serves: 2**

INGREDIENTS:

- 250g uncooked peeled prawns, washed
- 4 spring onions, chopped
- 2 cloves garlic, grated
- 2 drizzles olive oil
- Juice and zest of 1 small lemon
- Juice of 1 large lemon
- 1 tablespoon runny honey
- Freshly ground black pepper
- Pinch **LoSalt**
- 200g fresh spinach, washed
- 1 x 250g pack ready-to-heat brown or wholegrain rice
- A selection of vegetables to steam and serve on the side

METHOD:

1. Start by popping your extra vegetables on to steam. These will accompany your dish, so the choice of vegetables is yours.
2. Next heat a drizzle of olive in a large, non-stick pan and add the chopped spring onions, 1 grated clove of garlic and the uncooked prawns. Next add the juice and zest of a small lemon. Season with freshly ground black pepper, a pinch of **LoSalt** and drizzle with a tablespoon of runny honey. Cook for 5-6 minutes until the prawns are cooked and turned pink all through.
3. At this stage cook the rice in the microwave following the packet instructions.
4. While the rice is cooking, heat another drizzle of olive oil in another non-stick frying pan along with the juice of the larger lemon. Add freshly ground black pepper and a pinch of LoSalt. Now add the washed spinach, and a grated clove of garlic, and cook for 2-3 mins until wilted and hot.
5. Once the spinach is cooked, mix in with the hot rice. Stir well to combine.
6. The prawns will now be cooked and are ready to serve on top of the spinach rice with the steamed vegetables on the side. Don't forget to pour all the prawn cooking juices over the finished dish.