

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Prawn Kebabs with Vegetable Salad – serves 2

12 unpeeled prawns
8 small mushrooms, washed
8 cherry tomatoes
2 garlic cloves, finely chopped
3 Tbsp olive oil
1 tsp dried thyme
1 tsp paprika powder
3 tomatoes, skinned and cut into cubes
2 Zucchini's, cut into small cubes
1 yellow capsicum, cut into small cubes
1 Tbsp Balsamico Vinegar
sea salt and pepper to season
1 Tbsp fresh thyme leaves
4 wooden Kebab sticks

Peel prawns, but leave tail intact, with a sharp knife, cut along the back to remove gut. Mix 2 Tbsp oil, thyme, paprika powder and garlic. Thread prawns, mushrooms and cherry tomatoes on the sticks. Brush with marinade and let sit for 10 minutes. Preheat grill. Heat the rest of the oil in a pan and cook zucchini's and paprika cubes for 5 minutes, stirring constantly. Let cool. Grill prawn kebabs for 12-15 minutes, turning once. Mix tomatoes with the rest of the vegetables and season with vinegar, salt and pepper. Sprinkle with thyme leaves and serve with prawn kebabs.