

Bbq prawns with vegetable rice Claire Soalheiro.

Peel prawns. Marinade them in a drizzle of olive oil, a splash of white wine and 2 garlic cloves and some chilli flakes.

Cook rice as per packet.

Chop veggies and put into wok/fry pan

3 Spring onions

1 red capsicum

1 green capsicum

1 carrot

Handful of beans

1 zucchini

Ginger

Half teaspoon of salt

When rice is almost cooked, add olive oil to wok and cook veggies for 5 to 10 mins. Add ginger and salt when veggies are almost cooked. Cook prawns on bbq or in pan.

When rice is cooked add it to veggies. Stir through thoroughly. Serve with prawns on top.

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