



Protein	Free Veg.
2	1

Prawns with Chickpeas & Seasoned Asparagus

This is a recipe that will really aid weight loss and weight management. We're using prawns because they are a rich source of protein containing 10 grams of protein per 2 ounce serving and this prawn recipe will leave you feeling fuller for longer. However, if prawns aren't your favourite source of protein you can substitute it with chicken or in the case of vegetarians, chickpeas are a great substitute, or indeed an addition to the prawn or chicken recipe.

Ingredients

- 200g asparagus tips
- 1 tsp chilli flakes
- 1 tbsp light soya sauce
- 1/2 tsp Chinese five spice
- 360g Prawns
- 2 red peppers
- 2 cloves garlic

Directions

1. Place the asparagus in a bowl and toss in the seasoning and soya sauce.
2. Fry in pan for about 5 minutes until tender.
3. Meanwhile, in another pan fry off the prawns, garlic and chopped peppers.
4. Cook for a couple of minutes until the prawns go pink, stirring constantly.
5. Serve over the asparagus with some brown rice or noodles.