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Over five billion pounds of prawns are produced every single year.



CRISPY KALE & PRAWNS

SERVES: 3

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

2 **cloves garlic**, thinly sliced
3 **tbsp olive oil**
2 **tbsp lemon**, juiced
Salt & cracked pepper
2 bunches **kale**, stemmed and leaves torn
250g **cherry tomatoes**
1 **tbsp red curry paste**
2 **tsp fish sauce**
2 **tsp ginger**, grated
1 **tsp olive oil**
500g **prawns**, teeled and tails removed

INSTRUCTIONS

Start by preheating oven to 175c/350f/Gas 4. Line a baking tray with baking paper.

In a large bowl, mix together the garlic, olive oil, lemon juice, salt & cracked pepper. Transfer kale to the bowl and massage the juices into it for 1-2 minutes.

Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.

Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.

Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides.

Transfer kale to a large serving platter and spread prawns out on top.

MACROS PER PORTION

CALORIES	351	PROTEIN	49
CARBS	23	FATS	7
FIBRE	5		