

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Buttery Chili Prawns

- 2 tbsp butter (about 1 ounce)
- 2 tbsp olive oil
- 2 large garlic cloves, crushed
- 1 red chili pepper or ½ tsp - 1 tsp crushed dried chillies (depending on your heat tolerance)
- ½ tsp paprika
- 12-20 large raw king prawns - do not shell
- 1 ½ lemons, juice one lemon and slice the half lemon
- ¼ cup roughly chopped fresh parsley
- loaf crusty bread

Warm the bread loaf in the oven.
In a frying pan, melt butter and oil together and add garlic, chilli and paprika. Fry for a minute or two on medium heat until starting to turn golden. Turn up the heat and add the prawns, stirring as they fry until all the prawns have turned pink. Remove from heat and immediately toss with the juice of one lemon and the parsley.
Float lemon slices from the second lemon to a finger bowl of warm water. Place the prawns and finger bowl between you on the table and tuck in together.
Serves 4



*Recipe courtesy of
food + travel writer, Liz Campbell,
ForkontheMove.com*

Episode #49: Valentine's Day

*Email Lynn with questions or comments at
lynnogryzlo@gmail.com*

Because What You Put In Your Body Matters!