

TERIYAKI PRAWN SKEW

2 persons / 457 kcal per portion

Ingredients:

- 100 grams shrimps (boiled and peeled)
- 50 ml wok sauce teriyaki
- 150 grams pandan rice
- ½ Chinese cabbage
- 1 tablespoon oil
- 1 clove of garlic
- 25 grams unsalted peanuts



Preparation:

Mix the shrimps in a bowl with half of the teriyaki wok sauce. Let them stand marinate for 10 minutes. Cook the rice according to the instructions on the package and let it evaporate. Meanwhile, thread the shrimp onto the skewers. Cut the Chinese cabbage into strips. And finely chop the garlic. Roughly chop the peanuts. Heat the oil in a wok, add the garlic and cabbage and stir fry over medium heat for 4 minutes. Season with salt and pepper. Heat a skillet and cook the skewers over medium heat for 2 minutes. Turn halfway through and add the rest of the sauce. Spoon the rice on 2 plates or in bowls. Add the skewers and cabbage. Sprinkle the cabbage with the peanuts.

Nutritional value per portion:

Energy:	457 kcal
Protein:	18.4 grams
Carbohydrates:	65.7 grams
- including sugars:	5.7 grams
Fat:	13.2 grams
Fiber:	2.8 grams
Salt:	1.7 grams