



# Warm salad with prawns and green beans

10'  
Hands on

15'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1.200 g flat green beans, frozen
- 200 g smoked turkey
- 1 kilo shrimps, No 1, shells and heads removed
- 3-4 tablespoon(s) olive oil
- salt
- pepper
- 20 g ginger
- 1 clove(s) of garlic
- 50 g soy sauce
- lime juice, of 1 lime
- 1 tablespoon(s) honey
- 1 chili pepper, dried
- 2 tablespoon(s) sesame oil
- 1 tablespoon(s) sesame seeds

To serve

- 1 tablespoon(s) sesame seeds

## Method

- Place a **pot** full of water over heat and bring to a boil.
- Add the green beans and boil for 15 minutes.
- Place a **deep pan** over high heat and add 1 tablespoon olive oil.
- **Chop** the turkey into small cubes and add to pan. Sauté for 1-2 minutes, until golden. Transfer to a **bowl** and set aside.
- Place the same pan over heat.
- Add the **prawns**, 1 tablespoon olive oil, salt and pepper to the pan. Sauté for 2-3 minutes, until golden. Transfer to bowl with turkey.
- Place same pan over heat and add 1-2 tablespoons olive oil.
- Using a **slotted spoon**, transfer the green beans to the pan and sauté.
- Grate the ginger and garlic and add them to the pan.
- Add the soy sauce, lime juice, honey, prawns, turkey, some salt, pepper and chili pepper. Toss.
- Remove from heat and add the sesame oil and sesame seeds. Mix.
- Sprinkle with sesame seeds and serve.

## Διατροφικός πίνακας

Nutrition information per portion

535 Calories (kcal)	26.0 Total Fat (g)	2.6 Saturated Fat (g)	11.0 Total Carbs (g)
27%	37%	13%	4%
8.0 Sugars (g)	59.0 Protein (g)	10.0 Fibre (g)	2.9 Sodium (g)
9%	118%	40%	48%