



Warm salad with prawns and green beans

10'

Hands on

15'

Cook Time

4-6

Portion(s)

1

Difficulty



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.

Ingredients

- 1200 g green beans
- 200 g smoked turkey
- 1 kilo **prawns No 1, shells and heads removed**
- 3-4 tablespoons olive oil
- salt
- pepper
- 20 g ginger
- 1 clove of garlic
- 50 g soy sauce
- juice from 1 lime
- 1 tablespoon honey
- 1 chili pepper, dried
- 2 tablespoons sesame oil
- 1 tablespoon sesame seeds

To serve

- 1 tablespoon sesame seeds

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%