



Recipe #2

2) Mediterranean Shrimp Delight

200 grams Prawns (cooked)

2 tsp Olive Oil

1/2 tsp Dried Oregano

1/2 tsp Dried Parsley

30g Red, Yellow Bell Pepper

50 grams Quinoa

1 clove Garlic

60 ml sea-food Stock

1 wedge Lemon

5 Basil Leaves

Pro 42g carb 18g fats 11g 390kcal