



**CHLOË BOWLER**  
complete wellbeing

## **PRAWN & AVOCADO WRAP**



### **Ingredients**

- 200g raw king prawns,
- 2 Spring onions
- 2 cloves of Garlic
- 1 avocado
- 2 lemons
- Dill
- Iceberg lettuce
- Peas

### **Instructions**

1. Flash fry the king prawns with crushed garlic and spring onion and a squeeze of lemon.
2. Separately boil some frozen peas for 2 minutes.
3. In a separate cup squeeze the juice of a lemon and add chopped dill then leave.
4. Slice the avocado and mix with the prawns and peas, then place this all in an iceberg lettuce leaf.
5. Pour over the lemon and dill and serve.

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