



**CHLOË BOWLER**  
complete wellbeing

## **PRAWN & RED PEPPER COURGETTI**



### **Ingredients (Serves 2)**

- 3 courgettes
- 2 red peppers
- 300g raw king prawns
- 2 red onions
- 1 red chilli
- 1 lemon

### **Instructions**

1. Spiralize the courgettes and put to one side.
2. Chop the red onions, peppers and add to a pan with a little oil.
3. Add the prawns and cook through.
4. Add the spiralized courgettes to the pan to soften them.
5. Season with black pepper and lemon juice.

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