



CHLOË BOWLER
complete wellbeing

KING PRAWN COURGETTI



Ingredients (serves 4)

- 6 courgettes
- 500g raw king prawns
- 2 garlic cloves
- 1 red onion
- 1 red pepper
- 1 lemon
- broccoli
- black sesame seeds

Instructions

1. Grill 4 rashers of lean bacon, and put the bacon on to steam.
2. Spiralize the courgettes, and place to one side.
3. Soften the chopped garlic, onion and red pepper in some olive oil in a wok, adding the prawns until cooked through.
4. Ad the spiralized courgettes and chopped bacon to the wok.
5. Finish with black sesame seeds and some flat leaf parsley.

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