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NUTRITION • HEALTH • WELLBEING

PRAWN & PAK CHOY BROTH



Ingredients (Serves 2)

1 Onion
1 Clove of Garlic
5cm cubed Ginger
200g Raw King Prawns

1 Red Chilli
100g Pak Choy
50ml Chicken Stock

Method

1. In a hot frying pan, add the chopped onion, garlic, ginger and chilli.
2. Add the king prawns, Pak Choy and Stock.
3. When the prawns are cooked through, season well and serve.

Nutrition

Prawns = Zinc and Selenium for Healthy Immune System
Ginger = Helps digestion