



**CHLOË BOWLER**  
complete wellbeing

## **SWEET POTATO, PRAWN & PEA SALAD**



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

- 200g Raw King Prawns
- 1 large sweet potato
- 1tsp cumin
- 1 red chilli
- 100g sugar snap peas
- Handful of pumpkin seeds

### **Instructions**

1. Cut the potato into chunks, drizzle with olive oil and cumin, then roast in a hot oven for 30 minutes.
2. Meanwhile, steam the sugar snap peas for 5 minutes and leave to rest.
3. Pan fry the garlic, chopped chilli and prawns in a little olive oil.
4. When the prawns are cooked add the pumpkin seeds to the pan and fry for a further minute.
5. Add all the ingredients from the frying pan into the roasting dish with the potatoes in, mix well and serve.

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