



## Sesame Prawns

Recipe courtesy of Cheryl Forberg. You can find out more about Cheryl in our Lifestyle Magazine.

### Ingredients

¼ cup (60 ml) coarsely chopped cilantro  
2 tbsp (30 ml) chopped fresh mint leaves  
2 scallions, coarsely chopped  
1 tbsp (15 ml) chopped fresh ginger  
2 garlic cloves  
½ tsp (3 ml) red chili flakes (optional)  
3 tbsp + ½ cup (165 ml) fat-free, low sodium chicken broth  
1 tbsp (15 ml) canola or olive oil  
1 cup (240 ml) coarsely chopped yellow onion  
1 medium red bell pepper, diced  
1 medium yellow bell pepper, diced  
1 ½ tsp (8 ml) toasted sesame oil  
1 lb (450 g) prawns or jumbo shrimp, peeled and deveined  
¼ cup (60 ml) low-sodium soy sauce  
Salt and ground black pepper to taste  
2 tsp (10 ml) toasted sesame seeds, for garnish  
2 cups (480 ml) cooked wild or brown rice

### Instructions

Combine the cilantro, mint, scallions, ginger, garlic, chili flakes and 3 tablespoons of the broth in a food processor. Pulse until the mixture is minced but not pureed. Set aside.

Set the EGG for direct cooking (without the convEGGtor) at 400°F/204°C.

In a Stir Fry & Paella Pan, heat the canola oil. Add the onion and bell peppers and cook for 5 minutes, or until the vegetables are just tender. Transfer to a bowl and cover with a towel to retain the heat.

Add the sesame oil to the pan. Add the cilantro mixture and cook for about 1 minute, stirring constantly. Add the remaining ½ cup to broth and bring to a boil. Add the prawns and soy sauce to the pan and cook for 2 minutes or until the prawns are just cooked. Return the onion/pepper mixture to the pan and stir for 1 minute to heat through.

Season with salt and black pepper. Garnish with toasted sesame seeds and serve with warm wild rice.

Serves 4