

Prawn & Chorizo Skewers

CAL: 188 PROTEIN: 29 CARBS: 2 FIBRE: 0 FAT: 8



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SERVES:

5



TIME:

20 minutes (plus 3 hours)



INGREDIENTS

1 tsp garlic, minced
1/2 tsp red pepper flakes
1 tbsp lime juice
1 tbsp coriander, chopped
Salt & cracked pepper
10 large raw prawns
10 slices spicy chorizo
10 skewers

INSTRUCTIONS

In a medium-sized bowl, add garlic, red pepper flakes, lime juice, coriander, salt & cracked pepper.

Add the peeled and washed prawns to the bowl, cover and refrigerate for 2-3 hours.

Grab 10 skewers and slide just the tail on. Next, slide a piece of chorizo on, followed by the top of the prawn. (The chorizo should be in the middle of the prawn).

Bring the bbq to high heat, lightly oil the the cooking plate and cook each skewer for 3 minutes each side.

Serve immediately.

MACROS

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