

Asian Lentils with Garlic Prawns

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This tasty lentil dish proves that lentils are not all about being healthy and boring - this dish is full of flavour and is bursting at the seams with goodness. If you like your food a little bit richer, stir in half a can of coconut milk before serving for a thicker, creamier dish.

Ingredients:

400g raw tiger prawns
200g Puy lentils
2 red chillies
2 garlic cloves
Juice of one lime
2 tbsp. oil
2 tbsp. soy sauce
1 tbsp. rice wine vinegar
1 tbsp. runny honey
2 tbsp. toasted sesame seeds
Handful fresh coriander

Directions:

1. Finely chop the prawns, removing the seeds if desired and mince the garlic cloves.
2. Mix together half of the chilli and all of the lime juice, garlic and oil. Pour over the prawns and leave to marinate for half an hour before cooking.
3. Put the lentils into a pan and cover with twice their depth of boiling water, then bring back to the boil. Simmer for 20 minutes until tender.
4. Mix together the remaining chilli, soy sauce, rice wine vinegar and honey and stir together. Set to one side.
5. Once the lentils are cooked, stir the dressing into them and leave to the side.
6. Heat a frying pan until very hot. Take the prawns out of their marinade and fry for 1-2 minutes on each side before serving on top of the lentils. Finely chop the coriander and sprinkle all over the top of the dish.

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