

# Exotic Tomato Pineapple Prawns



SERVINGS

2

## INGREDIENTS

- 150 g whole grain rice
- ¼ pineapple
- 1 onion
- 1 thumb-sized piece of ginger
- 1 garlic clove
- 1 chilli pepper
- 1 stick of lemongrass
- 2-4 tbsp rapeseed oil
- 225 g prawns
- 1 pinch of salt & pepper
- 500 g tomatoes, organic
- 1 tbsp fish sauce (or 1 pinch of salt)
- 120 g okra pods or French beans (optional)
- 1-2 sprigs fresh cilantro
- 1 spring onion



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