

# Mango Prawn Bowl with Pico de Gallo Sauce



SERVINGS

2

## INGREDIENTS

- 150 g whole grain rice
- 1 pinch of salt & pepper
- olive oil to taste
- 400 ml of water
- 225 g prawns
- ½ lime
- 1 unripe mango
- ½ red onion
- ¼ cucumber (approx. 10 cm)
- 1 red paprika, organic
- fresh chives

for the pico de gallo sauce:

- 3 medium-sized tomatoes, organic
- 1 onion
- 2 garlic cloves
- 1 chilli pepper
- 1 bunch fresh cilantro
- 1 lime
- 1 pinch of salt & pepper



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