



COOK WITH US!

Grains salad with vegetables, prawns and ginger

A fresh and spicy recipe: it is perfect for a quick lunch break. Thanks to the use of mason jars for the cooking, your customers can enjoy a delicious dish ready in few minutes.

INGREDIENTS

200 g Orogel 5 Grains Salad with Vegetables

4 shelled prawn tails

10 g fresh ginger

1 sprig of parsley

1 pinch of chilli pepper

extra virgin olive oil



15



1



Easy



Main Courses



Microwave

Method

1

Peel and mince the ginger.

2

Season the grains salad with a few tablespoons of olive oil, chopped parsley, ginger and a pinch of chilli pepper. Add salt to taste.

3

Season the prawns with a drizzle of olive oil and a pinch of salt.

4

Put the salad into the jars and add the prawns. Put the lid on and microwave for 3 minutes at 750 Watts.

