

## Char Siu Prawn, Mango and Rice Lettuce Cups

This is a fun and different way to eat a salad and is perfect for sharing. The char siu cooked prawns are full of flavour and the rice salad can be made in advance for a quick and easy assembly dish.

*NUTRITION NOTES - Sweet and sour, salty and spicy; this dish is sure to tantalize taste buds. If you want a low carb option, then just lose the rice, but whichever way, this dish is a great high fibre option. The tropical addition of vitamin C-laden mango is the perfectly perfumed accompaniment to the lightly spiced prawns. Prawns are not only a great source of lean protein, they also contain selenium, which is increasingly linked to maintaining normal immune function.*

**Makes:** 6 portions as a side

**Prep Time:** 10 minutes

**Cook time:** 25 minutes

### Ingredients:

- 125g wholegrain rice (cooked according to pack instructions)
- 200g sugar snap peas, sliced lengthways
- 250g peeled king prawns
- 4 tbsp Lee Kum Kee Char Siu Sauce
- 1 large mango, peeled and diced
- 1/2 tbsp Lee Kum Kee Pure Sesame Oil
- 1 1/2 tbsp Lee Kum Kee's Premium Light Soy Sauce
- 2 tsp mirin
- 2 little gem lettuce
- 4 tbsp roasted peanuts, roughly chopped
- Lee Kum Kee's Chiu Chow Chilli Oil, to drizzle (optional)



### Method:

1. Heat a griddle pan (or BBQ) over a high heat. Combine the prawns with the char siu sauce and place onto the griddle pan. Cook for around 2 minutes per side, until pink and slightly charred. Set aside.
2. Mix the rice and sugar snap peas with the mango, sesame oil, soy sauce and mirin. Separate the leaves of the gem lettuce and spoon a little rice mixture into each one. Top with the prawns. Sprinkle over the crushed peanuts and a little Chiu Chow Chilli Oil if desired.

Energy (kcal)	Protein (g)	Fat (g)	Saturates (g)	Carbohydrates (g)	Salt (g)
247	12.4	6	1.1	35.8	2.2