



## Chilli and lime tabbouleh with king prawns (serves 2)

### Ingredients

- > 6 raw giant tiger prawns
- > 125g bulgar wheat
- > 1 medium red onion, finely chopped
- > 30g flat leaf parsley, chopped
- > 1 red chili, deseeded and finely chopped
- > juice of 3 limes
- > 3 tbsp olive oil
- > 25g unsalted butter
- > salt and freshly ground black pepper
- > 1 clove garlic, crushed

### Method

- > Cook the bulgar wheat as per packet instructions
- > When it's cooled, stir in the onion, parsley, chili, lime juice and 2 tbsps of the olive oil. Season to taste and chill in a refrigerator until required.
- > Heat the remaining oil and butter in a frying pan, sauté the garlic gently, then add the prawns and cook until cooked through.
- > Serve the prawns on a tower of the tabbouleh.

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