

Crispy Garlic Prawns with Aioli Dressing



Serves 2

prawns: 200 cals each

Aioli: 50 cals each

Crispy Garlic Prawns:

16 medium prawns, peeled and deveined (8 each)

½ cup rice crumbs

1 clove of garlic, crushed

1 teaspoon of garlic and herb salt

1 egg white.

Olive oil spray

Preheat oven to 200°C.

Combine rice crumbs, garlic and herb salt. Rub together to incorporate the garlic. It should look “crummy” when finished.

Pat the prawns dry, then put in the egg white.

Coat in the crumb mix and place on baking paper. Spray with oil spray. Cook for 10-12 mins (more if using large prawns) until prawns look pink and the crumb is lightly browned.

Aioli Dressing:

1/8 cup of good egg mayonnaise

1 teaspoon of lemon juice

1/8 – ¼ teaspoon of crushed garlic (to taste)

1 teaspoon of water

Mix all ingredients together, serve drizzled over the prawns.