

PRAWN & SPINACH TOASTS



Prep: 15 minutes

Cook: 10 minutes

Serves: 4

Ingredients:

250g cooked, peeled prawns

50g baby spinach

4 thick slices 50:50 bread

1½ tbsp toasted sesame oil

1½ tbsp sesame seeds

150g radishes, thinly sliced

2 tbsp Chinese rice vinegar

1 tsp caster sugar

Low calorie cooking oil spray

4 spring onions, shredded for garnish

Soy sauce for dipping

Step one:

Preheat the oven on the lowest setting.

Step two:

Drain the prawns on kitchen paper. Place the spinach in a bowl, cover with clingfilm and microwave on high for 1 minute or until just wilted. Squeeze out excess liquid and place in a food processor with the prawns and season. Pulse to give a coarse paste.

Step three:

Brush the bread on both sides with sesame oil. Spread the prawn mixture over the bread slices and sprinkle over the sesame seeds, pressing down gently to prevent them falling off. Cut each slice into four triangles.

Step four:

Mix together the radishes, vinegar and sugar and set aside.

Step five:

Heat the cooking oil in a large frying pan and gently fry the prawn toasts in batches, bread side down first for 1-2 minutes each side until golden, drain on kitchen paper and keep warm in a low oven as you cook the remaining batches.

Serve with the pickled radishes, shredded spring onions and soy sauce for dipping.

Cooks tip

Try replacing some of the prawns with white crab meat, or used wholemeal bread. Great as a snack, starter or brunch.

NUTRITIONAL INFORMATION

Nutrient	Per 100g	Per Portion	% GDA	TRAFFIC LIGHT
Energy (kcal)	133	244	12	
Energy (Kj)	534	979	12	
Fat (g)	4.9	8.9	13	
Saturates (g)	0.8	1.5	7.5	
Carbohydrate (g)	13.0	23.8		
Protein (g)	8.2	15.1		
Sugar (g)	2.3	4.3	5	
Fibre (g)	2.0	3.7	12	
Salt (g)	0.80	1.46	24	

Low sat fat, high protein, source of fibre