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Ginger & Turmeric Prawns with Spinach

Preparation time: 10 minutes

Recipe by: Ryvita



INGREDIENTS

1 tsp grated ginger (5g)

½ tsp turmeric (1.1g)

2 tbsp. natural yogurt (80g)

100g cooked king prawns

Small handful spinach, finely shredded (10g)

Pinch nigella seeds (0.5g)

2 Ryvita Protein Sesame and Red Quinoa Crunchy Rye Breads

METHOD

1. Combine the ginger, turmeric, yogurt and some seasoning in a small bowl then add the prawns and spinach and mix well.
2. Top the crunchy rye breads with the prawn mixture then sprinkle over a few nigella seeds.

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