



Chop Suey of Prawns Suitable for celiacs

Ingredients:

Eggplant

¼ u.

Scallion

1 u.

Onion

½ u.

Red pepper

¼ u.

Carrot

½ u.

Frozen prawns

200 gr.

Salt and pepper

to taste

Soya sauce

to taste

Preparation

Pour water in the steamer's base up to ½ centimeter high. Place the steamer rack.

Cut the vegetables julienne-cut and add salt and pepper. Place them over the steamer rack together with the prawns.
Microwave for 4 minutes on high. Let it rest for 3 minutes. Serve with soya sauce or just plain. (au naturel)

Use gluten free ingredients.

