

Teriyaki prawn and avocado toast

Nutritional facts (per portion):

1,531 kJ / 365 kcal

INGREDIENTS

4 portion(s)

2 avocados, peeled and

stoned

2 limes (1 juiced and 1 cut

into quarter)

4 slices sourdough bread,

toasted

1 tbsp olive oil

350 g raw king prawns

4 tbsp Kikkoman Teriyaki Sauce

with Roasted Garlic

Handful coriander leaves

Fat: **2.1** g Protein: **21.4** g Carbohydrates: **28.2** g

PREPARATION

Step 1

Mash the avocado with the juice of one of the limes and season with salt and pepper. Spread over the toasted sourdough bread.

Step 2

Heat the oil in a non-stick frying pan or wok and cook the prawns over a high heat for 30 seconds. Add the <u>Kikkoman Teriyaki Sauce with Garlic</u> and cook for another couple of minutes, until the prawns are cooked through.

Step 3

Spoon the prawns over the avocado, scatter with a little coriander and squeeze over a little more lime juice.