

# Prawn & Artichoke Quinoa Bowl



R & J Mazza  
GLOBE ARTICHOKES

This delicious, healthy recipe was sent to me by Kristine M.  
You will find her other mouth-watering dishes at Instagram: @loverofveggiesandfries

## Ingredients

2 cups fresh or frozen prawns  
2 garlic cloves, crushed  
2 tablespoons olive oil  
2 cups artichoke hearts  
2 handfuls of chopped kale, stems removed  
2 tablespoons capers  
2 tablespoons almond meal  
1 cup cooked quinoa (cooked in chicken broth)  
2 tablespoons plain Greek yogurt  
2 tablespoons feta  
Fresh lemon juice  
Salt & pepper, to taste



## How to Prepare

1. Heat a pan over medium-high heat with olive oil.
2. Add prawns and garlic. Cook until the prawns are starting to turn pink.
3. Add artichoke hearts and kale and cook for an additional few minutes (until kale is bright green).
4. Remove from heat and add capers and almond meal.
5. In a separate bowl combine cooked quinoa with yogurt, feta, lemon juice, salt and pepper.
6. Assemble prawns and veggies over quinoa in bowl and enjoy!

**Serves 1-2**

