

Garlic-Lime Prawns with Puy Lentils

Succulent marinated prawns meet earthy Puy lentils in this protein-rich, low-GI dish that keeps blood sugar stable while delivering bold Asian-inspired flavors.

Prep: 25 min

Cook: 20 min

Total: 45 min

Servings: 4

GL 5.3 / GI 41

Ingredients

Defrost completely if using frozen raw tiger prawns, peeled and deveined

red chillies, deseeded and finely chopped

lime, zest and juice

large garlic cloves, crushed

neutral cooking oil

Puy lentils, dried

low-sodium soy sauce

clear honey

rice wine vinegar

sesame seeds, toasted

fresh coriander leaves, roughly chopped

Instructions

Step 1

Combine the prawns in a shallow bowl with half of the chopped chillies, all the lime zest and juice, crushed garlic, and 1 tablespoon of oil. Toss to coat evenly, cover with plastic wrap, and refrigerate for 20-25 minutes to allow the flavors to penetrate the prawns.

Step 2

While the prawns marinate, rinse the Puy lentils under cold water. Place them in a medium saucepan and add enough water to cover by about 2 inches. Bring to a rolling boil over high heat, then reduce to a gentle simmer. Cook for 15-20 minutes until the lentils are tender but still hold their shape. Check occasionally and add more water if needed.

Step 3

Prepare the Asian-style dressing by whisking together the remaining chopped chilli, soy sauce, honey, and rice wine vinegar in a small bowl until the honey dissolves completely. Set aside.

Step 4

When the lentils are cooked, drain them thoroughly in a fine-mesh strainer and transfer to a large mixing bowl while still warm. Pour most of the dressing over the hot lentils (reserve about 1 tablespoon) and toss well. Add the toasted sesame seeds and mix until evenly distributed. The warm lentils will absorb the dressing beautifully.

Step 5

Heat a large frying pan or wok over high heat until very hot. Add the remaining tablespoon of oil and swirl to coat. Remove the prawns from the marinade, shaking off excess, and reserve the marinade. Add the prawns to the hot pan in a single layer.

Step 6

Cook the prawns without moving them for 1-2 minutes until the underside turns pink and slightly caramelized. Flip each prawn and cook for another 1-2 minutes until cooked through and opaque. Pour the reserved marinade into the pan and let it bubble and reduce for 30 seconds.

Step 7

Fold the chopped coriander through the dressed lentils, reserving a small amount for garnish. Divide the lentil mixture among four serving plates or shallow bowls. Top each portion with the cooked prawns, drizzle with the pan juices, and finish with the reserved coriander and a final drizzle of the remaining dressing. Serve immediately while the prawns are hot.