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Stuffed Tomatoes With Prawns and Rice



Ingredients

Tomatoes 4 to 6 (medium size)

Prawns 0.5lb (medium)

Rice 5 oz. (boiled)

Lemon juice 1/2 tsp

Parsley 3 tsp. (finely chopped)

Spring onions 3 tsp. (chopped)

Mayonnaise 1 oz.

Black pepper 1/2 tsp.

salt to taste

cucumber 1 oz. (chopped small)

oil 1 oz.

Servings

4

Person

Preparation

- 1 Wash and clean the prawns, take out 6 pieces of prawns and keep separate. In a blender coarsely chop the rest of prawns
- 2 Take out in a mixing bowl, now heat 2 tbsp of oil and saute prawns, also add spring onion, salt and pepper, stir for 2 to 3 minutes and turn off the flame, now add rice, mayonnaise and lemon juice into this mixture and check for the taste
- 3 Wash and dry tomatoes, with a sharp knife cut off the upper part of tomatoes and carefully scoop out all the pulp, now stuff tomatoes with prawn mixture
- 4 Put the remaining pieces of prawns in a pan cover and steam for 2 minutes
- 5 Now place each prawn over a tomato and arrange on a serving plate and microwave for 2 min
- 6 Garnish with chopped parsley and serve on a bed of fresh lettuce leaves and cucumbers.

Cooks Note

Serves 4