

Marinated BBQ prawn kebabs



Fantastic if you are holding a BBQ now the weather is picking up, great for all to eat.



Available to purchase
<https://www.theibsnetwork.org/shop/>

Ingredients

Makes 6 kebabs

- 18 Large prawns
- 1 sachet FODMAPPED sweet chilli simmer sauce
- Zest and juice of 1 lime
- 1 tsp sesame oil
- 1tbsp gluten free soy sauce
- 6 bamboo skewers, soaked in water
- Kaffir lime leaves sliced
- Nigella seeds for garnish

Nigella seeds look like black sesame seeds and taste like onion.

Method

Preheat griddle pan or BBQ to a medium heat.

In a medium non-metallic bowl combine half the FODMAPPED Sweet Chilli, Basil + Lemongrass Stir Fry Simmer Sauce, lime juice and zest, sesame oil and soy sauce. Whisk well.

Add the prawns and marinate for up to 4 hours, or a minimum of 40 minutes.

Thread 3 prawns onto each skewer and BBQ or grill the skewers for 4 minutes turning and basting frequently.

Serve skewers drizzled with remaining FODMAPPED Sweet Chilli, Basil and Lemongrass Stir Fry Simmer Sauce.

Garnish with a sprinkle of Kaffir lime leaves and Nigella seeds.