

Pineapple and chilli prawns

Serves 2

Takes 15 minutes

Ingredients

225g raw king prawns

2 garlic cloves

A sprinkle of chilli flakes

Leftover pineapple chunks

A few glugs of olive oil



Directions

Heat your pan over a medium heat, add a few glugs of olive oil, then bash the cloves of garlic to flatten them and add them to the pan with a sprinkle of chilli flakes.

Cook these together for 5 minutes, which allows the oil to take on the flavour of the garlic. Then turn the heat up to full and add the prawns, cook for a couple of minutes then add the pineapple. Cook this all of this together for about 5 minutes, or until the prawns are cooked through.

If you are having trouble with wind, prop a metal bin lid against the side of the stove and a kettle to the rear.