

PANINI WITH PRAWNS AND MANGO SAUCE

Ingredients for 2 servings:

- 220 g of prawns
- 10 g of chilli paste (sambal oelek)
- 5 g of fresh cilantro
- 30 g of rocket
- 2 panini rolls
- 1 tomato

SAUCE:

- 5 g of fresh cilantro
- 10 g of garlic
- 30 ml of olive oil
- 150 g of the Purena mango puree
- 5 g of ginger
- 2 g of chilli
- 30 g of lime
- salt, pepper

DIRECTIONS:



1 Marinate the prawns in sambal and olive oil. Cut the tomato into slices.



2 Cut the panini rolls in half and fry in a drop of olive oil.



3 Put all the spices and garlic in a blender and blend them.



4 Heat the olive oil in a pot and add the blended ingredients. Fry for 1-2 minutes on a low heat.



5 Add vinegar and sugar. Mix thoroughly. When the sugar dissolves, add the mango puree and cook for 3-5 minutes until the ingredients become a smooth sauce.



6 Pour olive oil into a frying pan and fry the prawns on both sides, then add the cilantro.



7 Put the prawns on the grilled panini, add the rocket and tomatoes. Pour the mango sauce over everything.

Nutrition info:

100 g
105 kcal

1 serving
425 kcal

Consume the prepared dish within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.