



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Spicy King Prawns**

**Suggestions: a very appetizing dish rich in unsaturated fats, omega 3 fatty acids, calcium, potassium, phosphorus, vitamin A and E. It is very nourishing, lightens up your spirit in those autumn days and brings you the flavour of the sea.**

### **Instructions**



**green chillies**



Put in a saucepan some extra virgin olive oil, some finely chopped garlic, green chillies, lemon zest, ginger and some tinned anchovies that you have also minced.



Heat it up, add some garam masala powder, coriander powder, cumin seeds and let it sweat for a while.



Add the king prawns to the saucepan and let them cook for a while until they start getting orange. Add some mirin to them, let them cook at medium heat stirring them from time to time.



Serve them with some finely chopped fresh coriander.



If you like this recipe, I would like to read your comments!  
Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)