



## Cajun King Prawns with White Rice

1 x 250g packet SunRice Long  
Grain White Rice in 90 Seconds

8 large king prawns, peeled with  
tails left on

2 tbsp cajun spice blend

1 mango

1 lime

Serves 2  
Prepared and cooked  
in 10 minutes

**Season** the king prawns with cajun spice

**Microwave** the rice for 90 seconds as per packet instructions

**Cook** prawns in a hot non-stick pan or grill for 1 minute each  
side until cooked

**Divide** the hot rice between serving plates and arrange the  
king prawns

**Slice** the cheeks from the mango and serve fresh or grilled

**Garnish** with 1/2 lime

**Note** To grill mango cheeks, place cut side down onto a hot  
grill plate for 1 minute



The Rice Food Experts

[www.10minutemeals.com.au](http://www.10minutemeals.com.au)

### Long Grain White Rice

SunRice Long Grain White Rice in 90 seconds is the most popular  
all purpose rice and the perfect partner to any meal.

