

Sesame Crusted Prawns with Mint Chutney

Ingredients

- 1 kg medium-sized prawns
- All-purpose flour
- 1 beaten egg
- Breadcrumbs
- Sesame seeds
- Salt and freshly ground black pepper
- NOOR Oil
- 1 cup mint leaves.
- 1/2 cup fruit chutney.
- 2 tablespoons lemon juice.

Instructions (Up to 35–40 Mins)

- Combine breadcrumbs and sesame seeds.
- Dredge prawns in flour, egg, then breadcrumb mixture.
- Fry prawns in NOOR oil until golden brown.
- Blend mint leaves, fruit chutney, and lemon juice for the chutney.

Nutritional Values

- **Calories: 250–350 kcal**
- **Protein: 20–30g**
- **Fat: 15–25g**

- **Carbohydrates: 10-15g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.