

Day 15

- 100g chicken mince
- 1 Tsp garlic mince
- 1 Tbsp chopped parsley
- ½ Tsp cardamom
- ½ Tsp cumin
- ¼ Tsp sumac
- 100g prawns (shelled and de-veined)
- 1 Tbsp garlic minced
- salt
- pepper
- parsley garnish
- squeeze of lemon juice



*here's to the
Skinny in You
from Skinny-World*