



Albert R Fitness Solutions

For a Fitter and Healthier You!

www.albertfitnesssolutions.com

Garlic Bread topped with prawns



Details

Serves :	4
Fat:	
Protein:	
Carbohydrates:	
Fibre	

Nutritional details per serve

Calories:	147
	2.5
	13.0
	12.8
	0.7

Instructions :

1. In a small bowl beat margarine for one minute, slowly add in milk while continuing to blend.
2. Toss in garlic and finely chopped parsley and stir well to combine.
3. Cut two slices of bread from the French bread stick and coat with the butter and garlic mixture.
4. Top each slice with two cooked prawns and half of the grated cheese and place under the grille until the cheese has melted.

Chef's Suggestions:

This snack would be great to serve at a party as it doesn't have the high fat content of traditional garlic bread and it would be easy to multiply the recipe and make use of the whole bread stick. This recipe is for two slices of bread stick.

Quantity	Ingredients	Suggested Brand
12	milk, cows, skimmed	Average, all brands
80 g	bread, french stick	Average, all brands
4 sprig	fresh flat-leaf parsley	Average, all brands
120 g	cooked prawns, medium, peeled	Average, all brands
4 tsp	margarine, reduced fat	average all brands
2 tsp	garlic, minced	average all brands
84 g	cheese, cheddar, reduced fat, grated	Average, all brands