

# Prawn Parcels with Soy Flavour Pearls

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These Prawn Parcels with Soy Flavour Pearls are a fabulous warm two bite canape. Gluten free too.

Delicious oven baked nibbles...yes please! Feel free to change the filling to whatever suits. Tofu, veg and Mushroom mix for a vegetarian option or you could even substitute the Prawns with Chicken or Fish.

## What you'll need – serves 4

- 500g raw Prawns – chopped
- 2 pkt Rice Paper wrappers – 20 pieces
- 1/3 cup Spring Onion – chopped
- 1 tsp Sesame Oil
- 1 tbs Soy
- Garlic – 1 or two crushed cloves
- Salt & White Pepper to season
- Olive Oil spray
- [Soy Flavour Pearls](#)

### To do

Set your oven to 190c. Line a tray or 2 with Baking Paper and give a light spray with the Oil.

Combine the chopped Prawns and Spring Onion with the Sesame Oil, Soy, Garlic and season well.

### Next

Let's set up your 'rolling station'. You will need a clean damp tea towel or new Chux flat on the bench and some warm water to dip the wrappers.

Dip one Rice Paper wrapper into the water for about 10 seconds. It should be JUST pliable – it will continue to soften as you work. Add a good tablespoon of the mixture towards the bottom of the wrapper. Fold up the bottom, then both sides in, then roll it up. A little parcel is what you should have now. Place it directly onto the lined tray, nice side up. Continue with the rest of the wrappers and mix.

Give them all a good spray with the Olive oil (or brush a little on) and bake for around 20 minutes until they have a little colour and are cooked through (yes a test taste is the best way to check).

## To serve

Simply place the Prawn Parcels onto your serving platter and garnish with a few **Soy Flavour Pearls** before serving.

Until next time

From the Peninsula Larder Team

***“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”***

***– Luciano Pavarotti***

**\*\*If you'd prefer a different flavour...take a peek at our other flavours, just click [HERE](#) There are plenty of others to choose from.**