

GARLIC PRAWN STIR FRY

 4 SERVES

 15 MINS

 30 MINS

INGREDIENTS

2 tbsp extra virgin olive oil

450g frozen prawns
(defrosted in the fridge overnight)
OR fresh prawns if you can get
them, tails and veins removed

1 head broccoli, cut into florets

2 carrots, cut into sticks

1 red capsicum, sliced

1 tbsp crushed garlic
(approx. 3 small cloves)

1 tbsp crushed ginger

3 tbsp soy sauce

1 tbsp cornflour

Juice of 1 lime

1 tbsp brown sugar

Pinch of chilli flakes (optional)

METHOD

- 1 Heat olive oil in a large pan or wok over medium heat. Add defrosted prawns (season with salt and pepper) for about 10 minutes until heated through, then remove from pan and set aside.
- 2 Add broccoli, carrot and capsicum to the pan and cook until softening (approx. 7 minutes).
- 3 Add garlic and ginger to vegetables and cook for another minute.
- 4 In a small bowl, whisk together soy sauce, cornflour, lime juice, brown sugar and a pinch of chilli flakes (if using).
- 5 Add sauce to pan and toss to coat vegetables. Return prawns to pan and heat through.
- 6 Divide into bowls or serve over steamed rice or noodles.

TIPS

- Use any vegetables that you have on hand e.g. zucchini, cauliflower, bok choy, corn etc.
- Serve as is or with rice/noodles.
- Use pre-minced ginger and garlic for convenience.
- Recipe also works well with tofu, chicken, firm fish or beef strips in place of prawns.

