

Prawn Stir-Fry

Simple prawn stir-fry recipe. Ideal for a busy weeknight.

Nutritional Info (per serving): 193 calories, carbs 23g, fat 4g, protein 14g



Photo by Hermes Rivera on Unsplash

Ingredients (serves 4)¹

- 500g vegetables such as carrots, baby corn, broccoli, courgettes, red peppers and cabbage
- 1 tbsp oil
- 1 garlic clove, sliced
- 1cm fresh ginger, grated
- 1½ tbsp reduced salt soy sauce
- 200g cooked prawns
- 200g egg noodles, cooked

¹ Recipe Lulu Grimes on [bbcgoodfood.com](https://www.bbcgoodfood.com)

Method

- Finely chop or slice the vegetables into pieces.
- Slice the carrots diagonally, slice the baby corn, cut the broccoli into small florets, then slice the stem, and finely slice the peppers, or cabbage.
- Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.
- Add the veg and toss to coat.
- Fry for 2-3 mins, then add the soy sauce and mix well.
- Cook for 2-3 mins more until the veg is tender.
- Stir in the prawns and heat through. Serve over the noodles.



GALLANACH