

STIR-FRIED PRAWNS WITH STICKY RICE

Serves 4



INGREDIENTS:

- ☐ 2 tbsp Olive or sunflower oil
- ☐ 5 Spring onions with tops, chopped
- ☐ 1 Carrot, peeled and diced
- ☐ 1 Red pepper, diced
- ☐ 1 Red chili, chopped
- ☐ 2 Garlic cloves, crushed
- ☐ 2 tbsp Sweet chili sauce
- ☐ Zest of 1 ripe lemon
- ☐ 2 tbsp Honey
- ☐ 2 tbsp Soy sauce
- ☐ 4 tbsp Lemon juice
- ☐ 800 g Breco Black Tiger or
Vannamei prawns, cleaned
- ☐ 3 tbsp Fresh coriander, chopped
- ☐ Cooked sticky rice to serve

METHOD:

01. Heat the oil in a saucepan and add the spring onions, carrot, red peppers, ginger, chilli and garlic. Stir while cooking for 3 minutes.
02. Stir in the sweet chilli sauce, lemon zest, honey, soy sauce and lemon juice. Stir while cooking for 1 minute.
03. Add in the prawns and cook until they are pink and succulent.
04. Remove from the heat, stir in the coriander, pour the rest of the sauce over the prawns, and serve with boiled sticky rice.