Prawn Stir Fry
RECIPE

Prawn Stir Fry



TIME	20 mins
INGREDIENTS	10 items
MAKES	2 servings

This stir fry has a kick and is packed with flavour. Easy and quick to make, we think it's perfect for a midweek meal.

INGREDIENTS

- Ben's Original™ Spicy Chilli Microwave Rice 220g
- 1tbsp Sunflower Oil
- 150g Raw King Prawns
- 1 Garlic Clove, chopped
- 2cm piece of Fresh Ginger, grated
- 1 Red Chilli, chopped
- 100g Tenderstem Broccoli Tips
- 1 Green Pepper, chopped
- 4 Spring Onions, sliced
- 1tbsp Soy Sauce
- Small handful of Coriander, chopped

INSTRUCTION

1. Heat the oil in a wok over a high heat. Add the garlic, ginger and chilli, stirring constantly for 1 minute. Followed by the broccoli and green pepper.
2. When starting to go tender add the prawns to the pan along with the spring onions. Toss for a few minutes until the prawns turn pink. Heat the Ben's Original™ rice according to pack instructions.
3. Just before serving mix the soy sauce into the stir fry and place in bowls on top of the rice. Sprinkle with coriander and serve.

NUTRITION

Amount Per Serving

- Calories 332
- Carbohydrates (g) 47.3
- Cholesterol (mg) 145
- Dietary Fiber (g) 4.6
- Energy (kJ) 1402
- Protein (g) 25.3
- Sugars (g) 5.4
- Total Fat (g) 3.6
- Saturated Fat (g) 0.5
- Salt (g) 1.76
- Sodium (mg) 705
- Trans Fat (g) 0

Categories:

Spicy Chilli, Stove Top, 15 - 30 MIN, Crowd pleasers, Food of the World, Seafood.

MORE RECIRES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items

Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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