

Prawn Stir Fry RECIPE

# **Prawn Stir Fry**



<?xml version="1.0"?>

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.

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#### **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. 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. 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  $^{\text{m}}$  rice according to pack instructions.

3. 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.

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### **Chicken Fried Rice**

Cooking time

20 mins

Ingredients

9 items

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# **Korean Bibimbap**

Cooking time

40 mins

Ingredients

17 items

SEE DETAILS



# **Sweet and Sour Chicken**

Cooking time

25 mins

Ingredients

16 items

**SEE DETAILS** 

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