Posted on 27 January 2015

by Liz Robb

Stir fried prawns with noodles



Ingredients

200g raw shelled prawns
A small bunch of spring onions
2 cloves of garlic
A small chunk of fresh ginger
1 tablespoon of toasted sesame oil
1 red chilli
1 large or 2 small carrots
1 large red pepper
200g small chestnut mushrooms
150g mange tout
2-3 tablespoons of dark soy sauce
A splash of Worcestershire sauce
300g ready to wok noodles
1 tablespoon of sweet chilli sauce
2 limes
Salt and freshly ground black pepper
Fresh coriander

Preparation

1. 1. First prepare the prawns. Score them along the body and take out the dark veins with the tip of a sharp knife, then wash them and chill in the fridge.
2. 2. Next prepare the vegetables. Peel and slice the spring onions into short lengths. Peel and chop the ginger very finely. Deseed and finely chop the red chilli. Peel the carrot, cut it in half and slice into thin matchsticks. Wash, deseed and slice the red pepper into strips. Wipe and slice the mushrooms, and slice the mange tout diagonally into strips.
3. 3. When you are ready to cook, heat the sesame oil in a large wok. When the oil is hot, drop in the spring onion and ginger. Peel and crush the garlic, add that and the chopped red chilli and stir fry for 1-2 minutes.
4. 4. Add the prepared carrot and pepper and stir fry for another 1-2 minutes. Add the sliced mushrooms and the prawns, then continue to cook, stirring frequently, until the prawns have cooked through and turned pink
5. this should take only a few minutes.
6. 5. Stir in the mange tout, soy sauce and Worcestershire sauce, then break up the noodles and sprinkle them into the wok, combining everything together well. Cook for a further minute or two to warm the noodles.
7. 6. Finally, add a handful of chopped coriander and the juice of one of the limes, and season to taste. Serve garnished with a little chopped coriander, and with wedges of fresh lime to squeeze over the stir fry.

8 This is quite a spicy dish

9 if you prefer it to be milder, reduce or omit the fresh chilli and sweet chilli sauce.

10 I used ready to wok noodles to make a really speedy dish, but it's easy to use dried noodles instead

11 just cook them according to the instructions on the packet before adding them. You could, if you prefer, omit the noodles altogether and serve the stir fry on a bed of jasmine rice instead.

Cooks Note

A quick and simple dish to make, this healthy prawn stir fry looks colourful and appealing, fills the kitchen with wonderful smells and tastes really delicious!
This is an ideal dish to make for supper with friends, or to eat with the family after work, when you don't want to spend too long in the kitchen. You can do the preparation in advance, leave the ingredients ready in the fridge and have it cooked and on the table in minutes when you're ready to eat.
The list of ingredients might look extensive, but many of them you may already have in your fridge or store cupboard. This recipe will make 2-3 portions.