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by Liz Robb

Prawn Stir Fry

Ingredients

200g king prawns 2 cloves of garlic
1 red chilli
1 teaspoon of runny honey
1 tablespoon of soy sauce
1 tablespoon of oyster sauce
1 carrot
A small piece of fresh ginger
1 red or yellow pepper
100g shitake mushrooms
100g Portobello mushrooms
A large handful of chard
130g jasmine rice
1-2 tablespoons of sesame oil
100g beansprouts
Servings
2
Person

Preparation

1. 1. Deseed and finely chop the chilli, then peel and finely chop the cloves of garlic. Devein the prawns and place in a small bowl with the chilli, garlic, runny honey, soy sauce and oyster sauce. Mix well and place in the fridge to marinade. 2. Prepare the vegetables. Peel the carrot and cut into short thin sticks. Peel the ginger and cut into thin slivers. Deseed the pepper, cut into quarters and then into strips. Wipe the mushrooms and slice. Wash the chard, remove the toughest stalks and slice thinly.
2. 3. Cook the jasmine rice in a large pan of boiling salted water for 15-16 minutes, or until soft and fluffy.
3. 4. Meanwhile, heat the sesame oil in a large wok. Add the slivers of ginger to the hot oil, along with the carrot and sliced pepper, and stir fry for 2-3 minutes.
4. 5. Add the prawns and the marinade, toss with the ginger, carrot and pepper, then add the mushrooms and stir fry for a further 3-4 minutes.
5. 6. Finally, add the beansprouts and the chard and stir fry for a minute or two to wilt the chard. Add a little more soy sauce or oyster sauce if you think it needs it, then serve on two plates with the jasmine rice.

Cooks Note

This light, healthy supper dish, full of fresh vegetables, is really quick and simple to make, a perfect tasty supper for two.

Fresh prawns are best but, for speed and convenience, you can always keep a bag of frozen king prawns in the freezer and defrost just the amount you need. You can also vary the vegetables to suit you, or to use up what's in the fridge.

Serves 2.