

**Recipe of the Week 19**  
Chilli Prawn Stir-fry

The Chilli Prawn Stir-fry is a quick and easy recipe high in carbohydrates, protein and essential fatty acids. The dish is an ideal evening meal for after PM sessions to help replenish used energy stores, rebuild and repair damaged muscle tissue and reduce the risk of upper respiratory tract infections.

Tip: You can use frozen prawns for convenience.



**Ingredients**

250g g rice noodles (uncooked)  
1 tsp of sesame oil  
2 tsp of vegetable oil  
2 chillies (finely chopped)  
3 pieces of fresh ginger (peeled and grated)  
4 cloves of garlic (crushed)  
1 red pepper (de-seeded and chopped)  
1 green pepper (de-seeded and chopped)  
1 large head of broccoli (cut small florets)  
5 medium spring onions (sliced)  
300 g peeled raw prawns  
2 pak choi (bok choy) (sliced)  
5 tsp of lime juice  
4 tsp of soy sauce  
2 tbsp of sweet chilli sauce  
2 tbsp of rice wine vinegar

**Serves: 2 - 4**  
**Preparation time: 10 -minutes**  
**Cooking time: 12-minutes**

**Each serving contains**  
Energy (kcal) – 310kcal  
Carbohydrates –35 g  
Protein – 18g  
Fat – 10g (1.2g saturated)

**Method**

1. Cook the noodles according to the package directions, when tender, drain and toss with the sesame oil.
2. Heat the vegetable oil in a non-stick frying pan or wok. Cook the chillies, ginger and garlic over a high heat for 30 seconds, then add the red and green pepper, broccoli florets, spring onions and prawns.
3. Cook for 3-4 minutes until the prawns have turned pink. Add the pak choi, noodles, lime juice, soy sauce, sweet chilli sauce and rice wine vinegar to the pan.
4. Continue cooking until the mixture is heated through, and serve immediately

Adapted from: [www.tesco.com](http://www.tesco.com), 2010  
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