

'Satay' Prawn and Noodle Stir Fry.



Servings: 4 portions

Ingredients

- Chilli x 1
- Ginger x A Thumb Size
 - Garlic x 4 Cloves
 - Spring Onion x 4
 - Carrot x 1
 - Red Pepper x 1
- Red Cabbage x Big Handful
- Bean Sprouts x Big Handful
- Sugar Snaps x Big Handful
- Mange Tout x Big Handful
- Cooked Prawns x 300g
- Cooked Noodles x 250g
 - Limes x 2
- Peanut Butter x 2 Tbsp
 - Soy Sauce x 2 Tsp
 - Coriander x 1 Bunch

Garnish:

- Sesame Seeds
- Nigella Seeds
- Cashew Nuts

Option to make Vegan, just omit the prawns or sub for plant-based alternative.

Method

The preparation is key with this one, get everything chopped and ready to go then this will be ready in minutes.

- In a small bowl combine the peanut butter, soy sauce, lime juice and a splash to loosen the sauce.
- Finely slice the chilli, garlic and spring onion.
- Chop the ginger and carrot into match stick sized batons.
- Thinly slice the peppers and cabbage.
- Get a wok or large frying pan hot then begin by stir frying the chilli, ginger, garlic and spring onion.
- Next add in the carrot, cabbage and peppers.
- Chuck in the prawns and stir fry for another minute or 2.
- Chuck in the bean sprouts, mange tout and sugar snaps followed by the cooked noodles.
- Finish with a handful of chopped coriander, plate up, garnish and enjoy!