

Prawn Stir Fry RECIPE

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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. Perfect in 90 seconds with Ben's Original™ Microwave Rice! SHARE

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INGREDIENTS

- Ben's Original™ Mexican Style Microwave Rice 250g
- 1tbsp Sunflower Oil

- 150g Raw King Prawns
- 1 Garlic Clove, chopped
- 2cm piece of Fresh Ginger, grated
- 1 Red Chilli, chopped
- 100g Broccolini
- 1 Green Capsicum, 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 capsicum.

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

- Carbohydrates (g) 47.3
- Energy (kJ) 1402
- Protein (g) 25.3
- Sugars (g) 5.4
- Total Fat (g) 3.6
- Saturated Fat (g) 0.5
- Sodium (mg) 705

Categories:

Seafood, Stove Top, 15 - 30 Mins

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Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items

SEE DETAILS

Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items

SEE DETAILS **★**

BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

SEE DETAILS

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