Prawn Stir Fry
RECIPE

Prawn Stir Fry



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!

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. 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. 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™ rice according to pack instructions.
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

MORE RECIPES LIKE THIS



Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

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