FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sticky Prawns



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**456 kcal**

Stuff that's in it:

• 2 Bags Jumbo King Prawns ((I Used Tesco Frozen And Defrosted))

• 20G Plain Flour

• 30Ml Rapeseed Oil For Frying

• 120G Spring Onion (Chopped)

• 400G Mixed Colour Peppers (Diced)

• 2Tbsp White Wine Vinegar

• 200Ml Chicken Stock

• 30G Golden Caster Sugar

• 8G Corn Flour

• 30M Reduced Salt Soy Sauce

• 1Tsp Sesame Oil

• 48G Reduced Sugar Ketchup

• 200G Basmati Rice (Dry Weight)

What you do:

Pat your prawns with paper towels then roll in the flour and coat all over.

In a fry pan, heat the rapeseed oil till hot, then add the prawns and fry for around 3 minutes all over until

cooked through, remove onto a plate.

Add the spring onion, keeping a few darker ends for garnish, and pepper and fry gently until coloured.

In a separate bowl, add the vinegar, stock, corn flour, soy, sesame oil, caster sugar and ketchup and whisk until smooth.

Add to a small sauce pan, bring to boil and simmer for 2 minutes until thick!

Add the sauce to the prawns and the peppers all in the large pan and mix well. Cook your rice according to the packet instructions and sprinkle with spring onion.

Nutrition

• Carbs: 65g

• Fat: 10g

• Protein: 23g

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