

Sweet and soy prawns



Serves

Prep Time

Cooking

Total Time

Calories

2 people

317 kcal

Stuff that's in it:

- 35G Blue Dragon Sweet Chilli Lighter Sauce
 - 10G Golden Caster Sugar
 - ½ Tsp Sesame Oil
- 2 Tbsp Reduced Salt Soy Sauce
- 400G Raw Peeled Prawns (Sliced Down The Back)
 - 1 Pack Stir Fry Vegetables
- 10G Chestnut Mushrooms (Sliced)
 - 10G Cornflour
 - 1 Tsp Olive Oil
- 200Ml Fish Stock

What you do:

Add the sweet chilli sauce, sugar, sesame oil, soy, corn flour and stock to a sauce pan, stir well, bring to the boil and simmer until thickened. Reduce heat.

Add the oil to a wok, bring to the heat and add the prawns and mushrooms and cook until the prawns are pink all the way through and cooked.

Add the stir fry vegetables and fry for a few minutes until softened. Add the sauce to the wok and combine.

Serve on its own or with rice/noodles.

Nutrition

- Carbs: 20g
- Fat: 5g
- Protein: 33g

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