

Prawns Stir-Fry with Udon Noodles

Serves: 1

Prep time: 6 Minutes

Cooking time: 12 Minutes

Ingredients:

- 6-8 raw prawns, peeled and deveined
- ½ teaspoon curry powder
- 1 teaspoon chilli oil
- 1 tablespoon vegetable oil
- 1 small brown onion, finely chopped
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1 handful Asian greens
- 1 green shallot, cut into thirds
- 3 green beans, top and tailed, cut into quarters
- 1 cheek of red capsicum, sliced
- 100g udon noodles

Method:

- Mix the curry powder and prawns together
- Heat the oil in a wok over medium-high heat
- Add onions and stir for 2-3 minutes
- Add ginger and garlic, cook 1 minute more
- Add prawns, cook for 3-5 minutes, turning to cook evenly on both sides
- Blanch the greens and noodles by covering with boiling water, set aside for 1 minute, drain
- Add the greens, noodles and capsicum. Stir well and heat through
- Place into serving bowl
- **Serve and Enjoy!**
- **Note:** You can replace the prawns with tofu or chicken



Another quick and easy stir fry to enjoy.