

350gm of raw king prawns with their tail on
1 teaspoon of sunflower oil
2cm of root ginger, peeled and grated
2 cloves of garlic peeled and crushed
2 courgettes, cut into ribbons
2 carrots, peeled and cut into ribbons
150gm mangetout, sliced lengthways
1 red and 1 orange pepper, deseeded and sliced
1 bunch of spring onions cut lengthways
2 packs of Udon Noodles (ready cooked variety)
4 tablespoons of soy sauce
4 tablespoons of sweet chilli sauce.
Juice of 1 lime

King Prawn

Ribbon Stir fry

Cooking time 12-15 minutes

Serves 4



- 1 Heat the oil and add the peppers, onions and carrots. Stir fry these for 3-4 minutes, then add the prawns, garlic and ginger.
- 2 As the prawns change colour, add the remaining vegetables and Udon Noodles and keep moving to get hot.
- 3 Mix the soy and chilli sauce together along with the lime juice in a small bowl.
- 4 Add the sauce and stir thoroughly for 2-3 minutes before serving.

Here's some further advice from

Barbara Baker, our Home Economist

Why not use your potato peeler to achieve the ribbon effect to cut your carrots and courgettes.