

# Stir-Fry Prawn



Contain:  

Spiciness:   MILD

Serves: 



Prep Time : 10mins    Cooking Time : 15mins

## Ingredients :

- 3 tbsps    groundnut or sunflower oil
- 2 fat      garlic clove, sliced thinly
- 1 small    red pepper, cored, deseeded and thinly sliced
- 200 gram    pack raw peeled tiger prawn, defrosted and patted dry
- 2 tbsps    soy sauce or Thai fish sauce
- 2 tbsps    Seafood Stock
- 100 gram    bag baby spinach leaves

## Instructions :

1. Heat a wok until you can feel a good heat rising. Add 2 tbsp oil and, a few secs later, the garlic slices. Stir-fry until they start to turn golden, then using a slotted spoon, spoon onto kitchen paper to drain.
2. Toss in the pepper and stir-fry for 1 min or so until softened, then scoop out and set aside. Add the remaining tbsp oil. Heat, then toss in the prawns and stir-fry for another 2-3 mins until cooked and beginning to brown. Add the soy or fish sauce and seafood stock.
3. Throw in the spinach and stir-fry until it begins to wilt. Return the peppers and crisp garlic to the wok, then serve immediately.



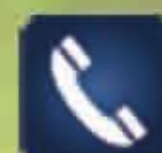
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