

WHO DARES SLIMS RECIPE

# Sesame Prawn Stir Fry



## Ingredients

- Cooked and peeled king prawns (~4 per person / serving)
- Flat rice noodles ( ~75g or one 'nest')
- Shredded stir fry vegetables: Red pepper, cabbage, carrot ( ~50g pp)
- Broccoli florets (3-4 pieces pp)
- 1 tb Sesame oil & 1 tb sesame seeds
- 2 tb Sweet chili sauce
- Lime to serve

## Preparation

- Along with the sesame oil, place all vegetables in a large frying pan/wok and cook on a high heat for about 6-8 minutes tossing regularly.
- Boil the rice noodles in a saucepan for 2-4 minutes until soft then drain.
- Add your noodles to your stir fry mix along with the prawns and sweet chili sauce and heat through for another 2 minutes, mixing the sauce evenly.
- Divide into bowls and sprinkle with black and white sesame seeds and serve with a lime wedge.

## Tips

- If you're time-poor you can cheat and buy pre-shredded veggies.
- You can add any other vegetables you like to the stir fry mix - I often use bean sprouts.
- If you like your veggies with less of a bite, just cook them on a high heat for an extra minute or two.
- Chop the prawns in half long-way as then you'll have 'double' the prawn in your stir fry.
- Don't drain the rice noodles until you're ready to mix into the veggies as they stick together!
- Go-professional and make your own sweet chili sauce like we did!