



Prawn-style CHOW MEIN

cooking time: 20min

Naturally CHOLESTEROL FREE

serves
2-4



Ingredients

1 pack Fry's Meat Free Crispy Prawns
100g Stir fry vegetables
250g Egg free noodles
2 cups Boiling water
Pinch of salt
2 tbsp Peanut oil
1 tbsp Crushed garlic
2 tbsp Soy sauce
1/2 tsp Brown sugar
1 tbsp White wine vinegar
1/4 cup Roasted peanuts
1/4 cup Spring onion, sliced

Method

Defrost prawns. Place prawns on a non-stick baking tray and place in a preheated oven at 180°C for 6 – 8 minutes. Cook noodles in salted water drain under cold water and set aside.

Heat up frying pan or wok until very hot. Add peanut oil, crushed garlic and fry for a few seconds (do not burn).

Toss in stir fry vegetables for 3 – 4 minutes. Mix in the prepared prawns. Combine soy sauce, brown sugar and white wine vinegar in a small bowl, mix until the sugar has dissolved. Add the cooked noodles and the soy mixture and stir fry for 1 minute.

Add roasted peanuts and garnish with chopped spring onion.

P.S. you only
live once,
lick the bowl

