Quick Prawn and Vegetable Stir-Fry

A proper midweek rescue — everything's in the pan and on the table in twenty minutes.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**10 min**	**20 min**	**2**	**EASY**

Ingredients

- 200 g raw king prawns
- 150 g tenderstem broccoli (halved length-ways)
- 1 red pepper (sliced)
- 1 tsp fresh ginger (grated)
- 2 cloves garlic (sliced)
- 3 tbsp soy sauce
- 150 g rice noodles

Method

1. Cook the rice noodles according to the pack instructions, then drain and set aside.
2. Heat a little oil in a wok or large frying pan over a high heat. Stir-fry the broccoli and red pepper for 3–4 minutes.
3. Add the garlic and ginger and cook for 30 seconds until fragrant.
4. Add the prawns and stir-fry for 2–3 minutes until pink and cooked through.
5. Toss through the noodles and soy sauce, and serve immediately.

Tips & swaps

- Swap prawns for cubed firm tofu to make this vegetarian.
- Use tamari instead of soy sauce for a gluten-free version.

Storage & reheating

Best eaten fresh — prawns can toughen on reheating. If needed, reheat gently in a pan rather than the microwave.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
360	**26g**	**48g**	**6g**	**4g**

Estimated values, for guidance only. Contains: Crustaceans, Soya, Gluten.