



# Stir Fried Prawns



**Servings:** 4  
**Total Time:** 30 mins  
**Cooking Time:** 15 mins



## METHOD

Score the back of the prawns & de-vein them. If the prawns are not shelled, trim the legs & feelers, rinse under running water & pat dry with paper towel.

## INGREDIENTS

*1kg prawns, shelled or unshelled*

*2 Tbsp light olive oil*

*4 Tbsp butter*

*4 tsp lemon juice*

*4 tsp finely chopped garlic*

*2 tsp finely chopped chillies (optional)*

*2 Tbsp freshly chopped parsley*

*2 lemons, cut into wedges*



Heat a wok to very hot, melt the oil & butter & stir-fry the prawns with the lemon juice, garlic & chillies until pink.

Do not overcook the prawns & depending on the size of the wok, it may be advisable to fry the prawns in smaller batches to avoid overloading & heat loss.

Transfer to a serving dish, drizzle with pan juices, sprinkle with parsley & scatter with lemon wedges.

## SERVING SUGGESTIONS

Serve with a spicy rice, *Cauli Rice\** or *Triple Cooked Chips\**, and a salad.

## VARIATIONS

\* Substitute the lemon juice & garlic with *Portuguese Peri-Peri Sauce\**.

\* Grill on the braai for a smokier version.

