

# Lean Kung Pao Prawn's

(2 servings)

## Ingredients

- 1 tbsp soy sauce
- 50ml Orange Juice
- 2 tbsp red-wine vinegar
- 1 ½ tsp corn starch
- 1 tbsp sugar
- 1 tbsp vegetable oil
- 4-5 dried red chillies or 1 tsp flakes
- 6 spring onions, chopped (save dark leaves for garnish)
- 2 cloves garlic (crushed)
- 1 ½ tsp fresh grated ginger
- 1 large red pepper (seeded and chopped)
- 500 g king prawns
- Handful of unsalted peanuts

## Method

- Combine the soy sauce, orange juice, vinegar, corn starch and sugar in a bowl
- Place wok on a high heat, add oil. When the oil starts smoking, toss in the chillies, spring onions, garlic and ginger
- Stir fry for 30 seconds until garlic and onions are fragrant (but not brown)
- Add the pepper and cook for another minute, stirring constantly
- Add prawns and peanuts, and cook for 3 minutes. Stir in the sauce and cook until it thickens and forms a light sheen around the prawns (about 30 seconds)
- Serve over a scoop of brown rice, sprinkle with chopped spring onion tops and a few nuts to garnish

Per Serving:

Calories 340 kcal | Protein 34 g | Carbohydrate 16 g

Source: Re:Fuel (June 2010), Men's Health, page 107.