

Stir Fried Prawns with Cashew Nuts

Serves 2

- 170g raw king prawns
- 40g cashew nuts
- 1 tbsp vegetable oil
- 1 small onion
- 2 tsp grated root ginger
- 1 clove garlic
- ½ red pepper, sliced
- 2 handfuls kale, coarse stems removed
- 2 spring onions
- 2 tsp sesame oil
- 1 tbsp dry sherry
- 1 tbsp soy sauce



Noodles or rice to serve

1. Prepare all the vegetables: finely slice the onion, spring onion & pepper. Finely grate the ginger & garlic.
2. Have the noodles or rice ready.
3. Measure out the sherry, soy & sesame oil.
4. Heat 1 tbsp vegetable oil in a wide based pan or wok, fry the cashew nuts on a medium heat until browned. Remove with a slotted spoon and keep to one side.
5. Re heat the pan to hot, add the onion and pepper and stir fry for 30 seconds to start them cooking.
6. Add the ginger and garlic, then the kale.
7. Add the soy, sherry and sesame oil, then add the prawns.
8. Stir fry until the prawns have turned pink, then add the cashew nuts and spring onion.
9. Toss through the noodles or serve with rice.

Hints, Tips and Variations

Wheat & gluten free if served with rice, dairy free

Try different vegetables - you may need to adjust the cooking times.

Make this dish with chicken, pork or beef

To make this dish vegetarian, use Quorn, tofu or extra nuts to replace the prawns.