

Yes ? Yes it?s yet another Asian recipe. We?re with sight of our target of ?100 Asian recipes? now. We?ll probably be moaning that British food is boring before you know it?..

Ingredients:-

12 King Prawns
½ A Red Pepper
½ A Green Pepper
3 Cloves of Garlic, minced
1 Tbsp of minced fresh Ginger
2 Tbsp of Peanuts
1 Onion, diced
3 Tbsp of Honey
4 Tbsp of Soy Sauce (Gluten free here)
¼ Tsp of Szechaun Pepper Corns
½ Tsp of Salt
2 Tsp of Cornflour
3 Tbsp of Rice Wine Vinegar
2 Tsp of Sesame Oil
1 Tbsp of Oil
8 Dried Chillies
5 Tbsp of Water
2 Spring Onions, White part chopped, Greens sliced
1 Egg White

¼ Tsp of White Pepper

Method:-

(1) Season the Prawns with Salt and Pepper.
(2) Coat with Egg White then coat in Cornflour.
(3) Fry until pink and then set aside.
(4) Heat the Oil in a Wok and toast the Szechaun Pepper Corns over a low heat for 2 minutes.
(5) Discard the Pepper Corns.
(6) Saute the Garlic, Ginger, Dried Chillies and the white part of the Spring Onions until aromatic.
(7) Add the Onions and gently fry until translucent.
(8) Add the Peppers and continue to stir-fry for a further minute.
(9) Add the Kung Pao Sauce which consists of Soy Sauce, Rice Wine Vinegar, Sesame Oil, Honey and White Pepper.
(10) Mix well and allow to simmer for 2 minutes.
(11) Mix the Cornflour and water in a cup.
(12) Add the Prawns to the Sauce then add the Cornflour and water mixture.
(13) Stir gently until the sauce thickens.
(14) Add some of the greens from the Spring Onions and some of the Peanuts.

We served ours on a bed of boiled Rice, dressed with the remaining Spring Onions and Peanuts. With the addition of a few Prawn Crackers this was a very tasty quick dish.