



As we are reaching the end of our Vegetarian Alphabet, we decided we'd have a go at 100 Asian recipes for a bit of fun. Having rummaged through over 500 recipes we found we were on to a good start with 47! -

<http://www.eatwellonuc.org.uk/index.php/component/tags/tag/asian-recipes>

We're also fortunate to have quite a few Asian and Continental shops within easy reach. So the slightly odd and interesting ingredients allow us a much wider scope?.

#### **Stir Fry Ingredients:-**

1 Carrot, finely sliced  
¼ Cucumber, finely sliced  
50g Mange Tout, sliced lengthways  
100g Tender-stem Broccoli, halves lengthways  
1 Lime  
1 Tbsp of Sesame Seeds  
200g of King Prawns  
Chorizo, chopped  
1 Spring Onion, sliced  
1 Red Chilli, sliced and de-seeded  
A handful of Coriander, chopped  
Oil

#### **Sauce Ingredients:-**

A Thumb of Ginger, minced

2 Cloves of Garlic, minced  
1 Spring Onion, finely sliced  
1 Tbsp of Hot Chilli Sauce ([Recipe Here](#))  
100Ml of Apple Juice  
1 Tbsp of Brown Sugar  
1 Tbsp of Soy Sauce  
1 Tbsp of Fish Sauce  
1 Tbsp of Oyster Sauce

### **Sauce Method:-**

- (1) In a pan add the Garlic, Ginger and Spring Onions, with a little Oil and fry over a low heat.
- (2) Next add the Chilli Sauce, Apple Juice, Brown Sugar, Soy Sauce, Fish Sauce and Oyster Sauce.
- (3) Bring to the boil and then simmer for 5 minutes or until syrupy enough to coat the back of a spoon.

### **Stir Fry Method:-**

- (1) Add the Noodles to boiling water and cook until just softened.
- (2) With tongs plunge into cold water and set aside.
- (3) In a Wok or large frying pan heat Oil.
- (4) Add the Prawns, Chorizo, Carrot and Mange Tot.
- (5) Stir over a high heat until the Prawns are pink all over.
- (6) Add the Broccoli and lower the heat to soften while stirring.
- (7) Reheat the noodles and add to bowls.
- (8) Stir the sauce into the stir-fry.
- (9) Toast the Sesame Seeds in a little Oil.
- (9) Add to the bowls and dress with Coriander, cucumber, Spring Onion, Chilli and Toasted Sesame Seeds.

**We deep fried a few extra Rice Noodles to add as an additional garnish.**