

STICKY SESAME PRAWNS

SERVES 4

PREP 20 MIN | COOK 40 MINS

Ingredients

- 2 carrots
- ½ a cucumber
- 100g snow peas
- 200g broccolini
- 300g fine rice noodles
- 3 limes
- 2 tablespoons sesame seeds
- vegetable oil
- 16 large raw shell-on green banana king prawns
- 2 spring onions
- 1 fresh red chilli
- 1 bunch of fresh coriander

SAUCE

- 5cm piece of ginger
- 3 cloves of garlic
- 2 spring onions
- 2 tablespoons hot chilli sauce
- 200 ml fresh cloudy apple juice
- 2 tablespoons runny honey
- 1 tablespoon sweet miso



Recipe Credit: [jamieoliver.com](https://www.jamieoliver.com)



STICKY SESAME

PRAWNS CONT.

SERVES 4

PREP 20 MIN | COOK 40 MINS

Method

1. For the sauce, peel and finely grate the ginger and garlic into a medium pan. Trim and finely slice the spring onions and add to the pan.
2. Add the chilli sauce, apple juice, honey and miso, then place over a medium heat and bring to the boil. Reduce heat to low and simmer for 5 minutes, or until syrupy and it coats the back of a spoon.
3. Peel and matchstick the carrots and cucumber, then finely slice the snow peas and halve each stem of broccolini along the stalk.
4. Cook the rice noodles according to the packet instructions, adding the broccolini to blanch with the rice noodles. Drain and toss in 3 tablespoons of the sauce and the juice of 2 limes.
5. Toast the sesame seeds in a small pan over a medium heat for 3 minutes, or until golden.
6. Heat a splash of oil in a large frying pan over a high heat, then add the whole prawns and stir-fry for 3 minutes, or until pink all over.
7. Pour in the remaining sauce and continue to cook for a further 2 minutes, or until the prawns are sticky and caramelised and the sauce is thick and glossy, then tip over the noodle salad.
8. Trim and finely slice the spring onions and chilli, and pick the coriander leaves. Scatter everything over the top of the salad, serve with lime wedges for squeezing over and tuck in.



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