

Lime, chilli & coriander prawns



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Preparation about 20 minutes
(+ marinating time)

Cooking about 10 minutes

Serves 4

1/4 cup peanut oil

2 tsp brown sugar

1/3 cup lime juice

1 tsp finely grated lime zest

2 bird's eye chillies, deseeded and finely chopped

2 tbs sweet chilli sauce

1/2 cup coriander leaves, roughly chopped

1 kg medium green prawns, peeled and deveined

4 green onions (shallots), trimmed and sliced diagonally

Steamed jasmine rice, lime wedges and extra coriander leaves, to serve

1. Combine 1 tbs oil, sugar, lime juice, zest, chillies, sweet chilli sauce and coriander in a large bowl. Add prawns and toss to combine. Cover and refrigerate to marinate for 30 minutes.
2. Heat a wok over high heat. Add 1 tbs oil and heat until hot. Add green onions and half the prawn mixture. Stir-fry for 2-3 minutes until pink and just cooked through. Transfer to a plate and keep warm. Repeat using remaining 1 tbs oil, green onions and prawn mixture. Serve with steamed jasmine rice, lime wedges and extra coriander leaves.



Chillies

- Chillies are rich in vitamin C, beta carotene (which the body converts to vitamin A) and dietary fibre. However, their fiery flavour means we consume only a small quantity.
- Even 10g of chilli will provide half the day's requirement for vitamin C. This vitamin plays a role in the body's defence against infections.