## Asparagus & prawn fried rice



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## Asparagus & prawn fried rice

Preparation:about 15 minutesCooking:about 8 minutesServes:4

2 tbs peanut oil

1 long red chilli, deseeded and finely chopped

2 garlic cloves, finely chopped

350g frozen peeled (tail on) green medium prawns, just defrosted

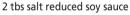
1 bunch asparagus, trimmed and cut into 3-4cm pieces

3 green onions (shallots), trimmed and thinly sliced

4 cups cooked cold jasmine rice\*

200g mini roma tomatoes, halved lengthways

1 cup coriander leaves, roughly chopped + extra leaves to serve





Asparagus

- A good source of natural folate. This B complex vitamin is important throughout life for heart health.
- Provides thiamin and riboflavin (vitamins B1 and B2), both of which are needed for the use of energy in the body.

\*You'll need to cook 1 ½ cups (300g) jasmine rice to make 4 cups. The rice is best cooked the day before and chilled in an airtight container.

- 1. Place 1 tbs oil, chilli, garlic and prawns into a bowl. Toss to coat prawns. Set aside for 10 minutes.
- 2. Heat remaining 1 tbs oil in a wok over high heat. Add prawn mixture and asparagus. Stir-fry for 2-3 minutes until prawns are pink. Toss in green onions. Stir-fry for 1 minute.
- **3.** Add cooked rice and tomatoes. Stir-fry for 2 minutes or until rice is hot. Toss through coriander and soy sauce until well combined. Spoon into serving bowls, sprinkle with coriander leaves and serve.

