

# Asparagus & prawn fried rice



## Asparagus & prawn fried rice

**Preparation:** about 15 minutes

**Cooking:** about 8 minutes

**Serves:** 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
- 2 tbs salt reduced soy sauce



### 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.