

Choy sum, snake bean & garlic prawn stir-fry



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Preparation: about 15 minutes
(+ marinating time)

Cooking: about 10 minutes

Serves: 4

¼ cup oyster sauce

2 tbs mirin

1 tbs grated ginger

2 garlic cloves, crushed

1 kg green king prawns, peeled and deveined

2 tbs peanut oil

2 small red onions, peeled and quartered

1 bunch baby choy sum, trimmed and halved

1 bunch snake beans (about 200g), cut into
6cm pieces

Steamed rice or noodles, to serve

1. To make prawn marinade, combine oyster sauce, mirin, ginger and garlic in a large bowl. Add prawns and toss to combine. Set aside for 10 minutes.
2. Heat a wok over high heat. Add 1 tbs oil and heat until hot. Using a slotted spoon drain prawns and stir-fry, in batches, for 1–2 minutes until prawns are pink and cooked through. Transfer to a plate.
3. Heat remaining oil in wok. Add onions and stir-fry for 1 minute. Add remaining prawn marinade, choy sum stems and snake beans and stir-fry for 1 minute. Add choy sum leaves and prawns and stir-fry for 1–2 minutes or until hot and choy sum just wilts. Serve with steamed rice or noodles.



Choy sum

- Good source of niacin, beta carotene and vitamin C. Niacin (vitamin B3) is needed for production of energy in the body; beta carotene is converted to vitamin A and is important for good vision while vitamin C's functions include formation of a vital substance in bones, teeth, gums, blood capillaries.
- A source of iron, which is important for making red blood cells.