

Garlic & chilli prawns with snow peas



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Preparation: about 20 minutes
(+ chilling time)
Cooking: about 5 minutes
Serves: 4

4 garlic cloves, finely chopped
2 red bird's eye chillies, deseeded and chopped
1 tsp finely grated lemon rind
¼ cup olive oil
2 tbs lemon juice
Salt and ground black pepper
1 kg green king prawns, peeled and deveined
2 tbs peanut oil
150g snow peas, trimmed
½ cup coriander leaves, roughly chopped
Steamed jasmine rice, to serve

1. Combine garlic, chillies, lemon rind, olive oil and lemon juice in a shallow ceramic dish. Season with salt and pepper to taste. Stir to combine. Add prawns, toss in mixture. Cover and refrigerate for 30 minutes.
2. Heat a wok over high heat. Add peanut oil and heat until hot. Add prawns and marinade, and stir-fry for 2–3 minutes until pink and almost cooked through. Add snow peas and coriander. Stir-fry for 1 minute. Serve with steamed jasmine rice.



Snow peas

- An excellent source of vitamin C, which helps the body resist infection.
- A good source of dietary fibre, which is often low in the diet and is needed for a healthy intestine.
- Provides beta carotene, which the body converts to vitamin A.
- High in potassium, which the body needs to help balance adverse effects of salt.