

Prawn-Style Chow Mein

🕒 15 - 20 Mins



1 pack Fry's Meat Free Crispy Prawns

100g McCain Asian Stir Fry

250g Egg free noodles

2 cups Boiling water

Pinch of salt

2 tbsp Peanut oil

1 tbsp Crushed garlic

2 tbsp Soy sauce

1/2 tsp Brown sugar

1 tbsp White wine vinegar

1/4 cup Roasted peanuts

1/4 cup Spring onion, sliced



Preparation

Defrost 1 pack of Fry's Meat-Free Crispy Prawns

Cooking Instructions

- Place prawns on a non-stick baking tray and place in a preheated oven at 180°C for 6 – 8 minutes.
- Cook noodles in salted water drain under colder water and set aside.
- Heat up frying pan or wok until very hot.
- Add peanut oil, crushed garlic and fry for a few seconds (do not burn).
- Toss in carrots, onion, cabbage, red pepper and snow peas and stir fry for 3 – 4 minutes.

- Mix in the prepared prawns.
- Combine soy sauce, brown sugar and white wine vinegar in a small bowl. mix until the sugar has dissolved.
- Add the cooked noodles and the soy mixture and stir fry for 1 minute.
- Add roasted peanuts and garnish with chopped shallots.