



Stir-fried sweet and sour prawns

From Phase 2

Serves 4

Ingredients:

- 20 large prawns
- 150 g (5 oz) mushrooms
- 150 g (5 oz) mung bean sprouts
- 1 tablespoon fresh grated ginger
- 3 tablespoons oil
- 2 tablespoons soy sauce
- 2 sprigs fresh basil
- Salt

Preparation:

Briefly wash the mushrooms and pat them dry. Peel the prawns, keeping tail fins on.

Heat oil in a nonstick pan, throw in prawns and ginger. Stir-fry on high heat for 2 min. Add mushrooms and bean sprouts, a little salt, and stir-fry for 3 min.

Season with soy sauce and garnish with coarsely chopped basil leaves.

