

Tiger Prawn Nasi goreng with Protein Noodles

Ingredients – Serves 2

- 2 x 150g Tiger Prawns
- 80g Protein noodles (morrison's)
- 15g cashew nuts
- 1 lime
- 1 red pepper
- 7 chestnut mushrooms
- 2 garlic cloves
- 2 spring onions
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 150g Spinach
- 150 savoy cabbage
- 4cm fresh ginger
- 1 stalk fresh lemongrass
- Chopped coriander for garnish



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1. Remove the tail from the Tiger prawns and set prawns aside
2. To make the sauce; peel and chop finely the lemongrass, ginger and garlic. In a bowl, mix the ginger with the garlic, lemongrass, soy sauce and juice from half the lime. Split the sauce into two bowls and add the prawns into one of the bowls. Leave to marinate while you cut the vegetables.
4. Trim the root of the Savoy cabbage and finely slice. Dice the red pepper, mushrooms and finely slice the spring onions, separating the white and green parts. Roughly crush the cashew nuts.
5. In a small frying pan (ideally non-stick), toast the cashew nuts for 3 mins until turning golden. Set aside.

5. In the same pan, heat 1 tbsp sesame oil on a medium heat and cook the prawns for 5 mins, turning occasionally. Remove from the pan and set aside.
6. Meanwhile, heat a large frying pan with 1 tbsp sesame oil on a medium heat and cook the white spring onions, the red pepper, mushrooms and savoy cabbage for 5 mins. Stir through the sauce and the protein noodles and cook for a further 3-4 mins, stirring frequently, finally add the prawns for 2 minutes.
7. Spoon onto two warm plates, top with toasted cashew nuts, a sprinkle of coriander and squeeze over with half a lime.