



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PRAWNS & PEAS

Time: 20 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin coconut oil
2 cloves garlic - very finely chopped or crushed
5 ounces brown shemiji mushrooms
12 ounces snap peas
1 pound prawns
2 tablespoons oyster sauce
1 tablespoon dry sherry
1 tablespoon sriracha sauce

Preparation:

Place the oil in a wok over high heat.

When the oil is hot, add the garlic, stirring constantly for thirty seconds.

Add the mushrooms and peas, stir-frying for three minutes.

Add the prawns and continue to stir-fry for two minutes.

Stir in the oyster sauce, sherry and sriracha, continuing to cook for thirty more seconds.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 204
Fat: 6g
Carbs: 11g
Fibre: 3g
Protein: 26g