



THAI PRAWN AND PINEAPPLE STIR FRY

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 2 tsp **sunflower oil**
- Bunch **spring onions**, greens and whites separated and sliced
- 1 **green pepper**, deseeded and chopped into small chunks
- 140g **pineapple**, chopped into bite-sized chunks
- 3 tbsp **Thai green curry paste**
- 4 tsp **light soy sauce**, plus extra to serve
- 300g cooked **basmati rice**
- 2 large **eggs**, beaten
- 140g **frozen peas**
- 225g **tinned bamboo shoots**, drained
- 250g **frozen prawns**, cooked or raw
- 2-3 **limes**, 1 juiced, the rest cut into wedges to serve
- Handful **coriander** leaves (optional)

INSTRUCTIONS

Fry the spring onion whites in a wok for 2 mins until softened. Stir in the pepper and cook for another 1 minute, and then the pineapple and cook for 1 minute more. Finally stir in the green curry paste and soy sauce.

Next, add the cooked rice and stir fry until piping hot. Push the rice to one side and scramble the eggs on the other side.

Stir the peas, bamboo shoots and prawns into the rice and eggs, then heat through for 2 minutes until the prawns are hot and the peas tender.

Finally, stir in the spring onion greens, lime juice and coriander, if using.

Spoon into bowls and serve with extra lime wedges and soy sauce.

MACROS PER PORTION			
CALORIES	302	PROTEIN	21
CARBS	32	FATS	10
FIBRE	6		