

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynn Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

## Pan-Seared King Prawns with Ginger and Spring Onions

Spring onions and ginger are classic accompaniments to fish and shellfish dishes in Cantonese cuisine. This recipe uses both ingredients to create a quick and easy weekday supper dish. This dish goes really well with Sweet and Sour Pork (see page 53).

**INGREDIENTS** *1/2 tablespoon rapeseed oil • 2 garlic cloves, crushed • 3–4 slices fresh root ginger, peeled and shredded • 400 g (13 oz) large, raw prawns (with shells), deveined • 2 teaspoons shoyu or tamari sauce • 2 teaspoons dry sherry • 1/2 teaspoon sesame oil • 1/2 teaspoon freshly ground black pepper • 4 tablespoons Vegetable Stock (see page 17) • 2 spring onions, shredded into 1.5 cm (3/4 inch) lengths, to serve*

**CORNFLOUR PASTE** *1 teaspoon cornflour mixed with 1 tablespoon water*

**ONE** Heat the oil in a nonstick sauté pan and stir-fry the garlic and ginger for a few seconds.

**TWO** Add the prawns and stir-fry for about 1 minute until almost cooked.

**THREE** Season with shoyu sauce, sherry, sesame oil and pepper and add the stock. Stir in the cornflour paste to thicken the sauce.

**FOUR** Sprinkle with the spring onions and serve immediately.

*Serves 4 with 2 other main dishes.*

### **NUTRIENT ANALYSIS PER**

**SERVING** 423 kJ – 101 kcal – 19.0 g protein – 0.9 g carbohydrate – 0.3 g sugars – 2.7 g fat – 0.4 g saturates – 0.2 g fibre – 274 mg sodium

**HEALTHY TIP** Ginger is a favourite spice in oriental cooking. In traditional Chinese medicine, it is thought to improve blood circulation and is also recommended as a cure for travel sickness and morning sickness.

