

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.

Prawn Fried Rice

This colourful fried rice recipe is my version of a very popular dish found on the menus of all Chinese restaurants and takeaways – special fried rice. This recipe doesn't include eggs or pork; instead it contains prawns and an assortment of vegetables.

INGREDIENTS 1 tablespoon rapeseed or olive oil • 500 g (1 lb) fresh prawns, peeled and deveined • 50 g (2 oz) shiitake or button mushrooms, halved • 1 courgette, thinly sliced • 1 small carrot, thinly sliced • 50 g (2 oz) green beans, cut into 2.5 cm (1 inch) pieces • 500 g (1 lb) hot Boiled Rice (see page 140) • 2 teaspoons shoyu or tamari sauce • 1 teaspoon freshly ground black pepper • 1 spring onion, thinly sliced, to serve

ONE Heat the oil in a nonstick sauté pan until piping hot and stir-fry the prawns for 1 minute over a high heat. Remove the prawns and set aside.

TWO Add the mushrooms, courgette, carrot and green beans and stir-fry for a couple of minutes over a high heat.

THREE Stir in the hot rice and shoyu sauce, season with pepper and mix thoroughly.

FOUR Return the prawns to the pan and stir-fry the rice mixture for a couple of minutes.

FIVE To serve, sprinkle with the spring onion.

Serves 2 as a main meal or 4 with 2 other dishes

NUTRIENT ANALYSIS PER

SERVING 2690 kJ – 636 kcal – 49.3 g protein – 90.5 g carbohydrate – 4.6 g sugar – 11.1 g fat – 2.0 g saturates – 2.6 g fibre – 609 mg sodium

HEALTHY TIP Shiitake mushrooms contain a special type of carbohydrate called lentinan. Trials have shown that extracts of lentinan can boost the immune system and thus increase our resistance to infections.

