

Spicy prawns & peppers myinheritedkitchen.co.uk

Ingredients <i>(Red = optional)</i>	Amount for one person	Your variation
Mixed peppers stir fry bag (Waitrose or Tesco)	300g	
Cooked king prawns	75g -100g	
Olive oil <i>(not virgin)</i>	2 tsp & 1 tbsp	
<i>Soy sauce</i>	1 tsp	
<i>Garlic</i>	1/2 tsp	
<i>Ginger</i>	1 tsp	
<i>Chilli flakes</i>	1/2 tsp	
TIP: Try at least one of the above options. If you like it really spicy increase amounts from 1/2 tsp to 1tsp		



Prep Time minutes	Cook time minutes	Your revised time
5-3	10	<input type="text"/>

All prepared? Start timer at:	10	
Put the prawns in the wok coating them with oil	10	
<i>Add: Soy sauce, Garlic, Ginger, Chilli flakes stirring well</i>	8	
Remove prawns from wok and set aside	7	
Turn up the wok to 7.5	7	
Add 1 tbsp of oil to the wok	7	
Add stir fry mixed peppers to the wok	6	
Regularly stir the wok	6-0	
Place bowl in microwave for 2 mins	2	
Return the prawns to the wok	1	
Pour everything into a hot bowl	0	

Tools that help

- Wok
- Stirrer
- Timer

Prep Instructions

1. Let the prawns reach room temperature, up to 30min
2. Add 2 tsp's of olive oil to the Wok
3. Set the wok to heat 6 for 5 - 8 mins