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your  
family™



## Prawn stir-fry with egg noodles

SERVES

4

PREP TIME

15  
MINS

COOK TIME

20  
MINS

**Total recipe cost when you buy all  
the ingredients from Coles: \$9.99**

Based on actual ingredient portions used

- 3 tbsp olive oil
- ½ medium brown onion, finely chopped
- 2 tbsp finely chopped peeled fresh ginger
- \* ½ long red chilli, seeds removed, thinly sliced
- ¼ cup Classic Asian Rice Wine Vinegar
- 1¼ cups Coles Brand Pineapple Juice
- ¼ cup Coles Smart Buy Tomato Sauce
- 2 tbsp Coles Smart Buy Soy Sauce
- ¼ cup Coles Brand Brown Sugar
- 200g Chang's Egg Noodles
- \* 400g Australian Large Raw Banana Prawns, peeled, deveined, tail on
- 1 medium carrot, peeled, cut in half, thinly sliced on an angle
- \* 140g wombok (Chinese cabbage), shredded
- \* 2 spring onions, finely chopped

\* Buy any 3 of these 4 ingredients  
between 10/10/2012 – 16/10/2012 and  
receive 500 Flybuys BONUS POINTS.



- 1 Heat 1 tbsp oil in a medium saucepan over medium heat and cook onion for 3 mins, until softened.
- 2 Add the ginger and chilli and cook for a further 2 mins.
- 3 Add vinegar, pineapple juice, tomato sauce, soy sauce and sugar and bring to the boil. Reduce heat and simmer for 10 mins or until sauce reduces to 1 cup. Remove from heat.
- 4 While sauce is reducing, cook noodles according to packet directions.
- 5 Place a wok over high heat and add remaining oil. Once oil begins to smoke, add prawns and carrot, cook for 2 mins, stirring occasionally. Add wombok and cook a further 1 min, until just wilted.
- 6 Add the sauce and noodles and toss well. Garnish with spring onions.

coles