

Prawn stir-fry with egg noodles

SERVES

PREP TIME

COOK TIME







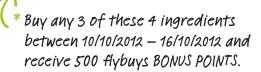
Total recipe cost when you buy all the ingredients from Coles: \$9.99

Based on actual ingredient portions used

3 tbsp olive oil

1/2 medium brown onion, finely chopped 2 tbsp finely chopped peeled fresh ginger

- * 1/2 long red chilli, seeds removed, thinly sliced
 1/4 cup Classic Asian Rice Wine Vinegar
 11/4 cups Coles Brand Pineapple Juice
 1/4 cup Coles Smart Buy Tomato Sauce
 2 tbsp Coles Smart Buy Soy Sauce
 1/4 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





- 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.

