



Garlic chilli prawns with sesame noodles

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g eggs
- ☐ 1 tbsp sesame oil
- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 1 bunch spring onion thinly sliced
- ☐ 4 garlic clove finely chopped
- ☐ 1 to 5 chillies red finely chopped
- ☐ 400 g tiger prawns raw peeled
- ☐ 1 tbsp brown sugar soft

- ☐ 1 tbsp soya sauce dark
- ☐ 300 g frangelico
- ☐ 300 g frangelico

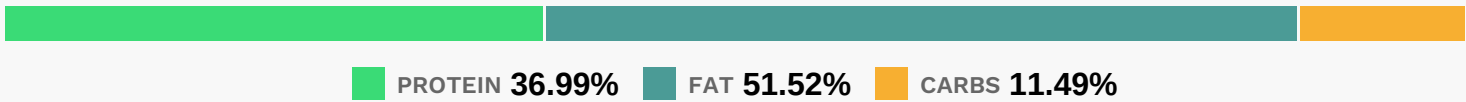
Equipment

- ☐ wok

Directions

- ☐ Cook the noodles following pack instructions, then rinse with cold water and drain. Toss with 1 tsp of the sesame oil.
- ☐ Heat 2 tsp of the groundnut oil in a non-stick wok. Stir-fry most of the spring onions and all the beansprouts for a couple of mins until tender.
- ☐ Add the noodles and warm through. Stir through the remaining sesame oil and tip out of the wok onto a serving dish.
- ☐ Carefully wipe out the wok and add the remaining groundnut oil. Toss in the garlic and chilli, and cook for 10 secs. Pop in the prawns and stir-fry for a couple of mins until they have just turned pink. Stir in the sugar and soy, then bubble until the sugar has melted and prawns are cooked through. Spoon on top of the noodles and sprinkle with the remaining spring onions.
- ☐ Add an extra drizzle of sesame oil, if you like.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:15.910434878391%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 246.14kcal (12.31%), Fat: 13.91g (21.4%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.55g (2.38%), Sugar: 3.98g (4.43%), Cholesterol: 358.5mg (119.5%), Sodium: 909.44mg (39.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.95%), Selenium: 49.38µg (70.54%), Phosphorus: 385.37mg (38.54%), Vitamin B12: 1.67µg (27.77%), Vitamin C: 18.23mg (22.1%), Vitamin B2: 0.33mg (19.13%), Vitamin B6: 0.38mg (18.76%), Vitamin E: 2.67mg (17.79%), Vitamin K: 15.03µg (14.32%), Folate: 55.73µg (13.93%), Vitamin A: 684.69IU (13.69%), Vitamin B5: 1.33mg (13.34%), Copper: 0.26mg (13.15%), Zinc: 1.88mg (12.56%), Vitamin B3: 2.2mg (10.99%), Calcium: 103.71mg (10.37%), Iron: 1.69mg (9.38%), Magnesium: 36.11mg (9.03%), Vitamin D: 1.35µg (9%), Potassium: 277.6mg (7.93%), Manganese: 0.15mg (7.58%), Vitamin B1: 0.07mg (4.34%), Fiber: 0.42g (1.7%)