



## Prawn & black pepper stir-fry

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tsp peppercorns black crushed
- ☐ 200 g shrimp raw frozen drained
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 125 g soup noodles mixed
- ☐ 120 g oyster sauce

### Equipment

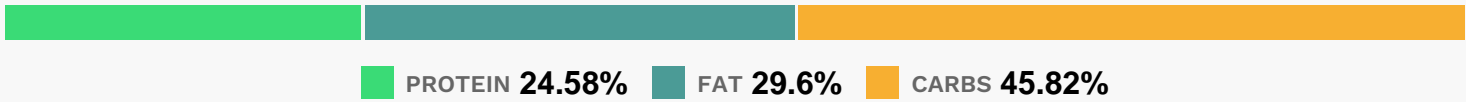
- ☐ bowl
- ☐ frying pan

☐ wok

## Directions

- ☐ Put the crushed peppercorns into a medium bowl, then toss with the prawns and a little salt.
- ☐ Heat 1 tbsp oil in a wok or frying pan over a high heat.
- ☐ Add the prawns and fry for 30 secs without turning. Stir and leave for another 30 secs–1 min until pink. Set aside.
- ☐ Heat the rest of the oil in the pan and stir fry the veg and noodles according to pack instructions. Push to the side of the pan, pour the oyster sauce into the empty side, then heat until it bubbles. Toss the prawns back into the pan and stir into the sauce with the noodles and veg for 30 secs until hot.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:19.03, Inflammation Score:-3, Nutrition Score:14.591304263019%

## Nutrients (% of daily need)

Calories: 476.76kcal (23.84%), Fat: 15.68g (24.12%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 51.88g (18.87%), Sugar: 1.68g (1.87%), Cholesterol: 161mg (53.67%), Sodium: 1761.19mg (76.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.58%), Selenium: 42.25µg (60.35%), Manganese: 0.92mg (45.92%), Vitamin E: 5.84mg (38.95%), Phosphorus: 348.8mg (34.88%), Copper: 0.69mg (34.45%), Magnesium: 74.29mg (18.57%), Zinc: 2.3mg (15.34%), Potassium: 465.01mg (13.29%), Fiber: 2.74g (10.95%), Calcium: 106.07mg (10.61%), Vitamin B3: 1.97mg (9.85%), Iron: 1.65mg (9.19%), Vitamin B2: 0.12mg (6.82%), Vitamin B6: 0.1mg (5.24%), Folate: 20.62µg (5.16%), Vitamin B1: 0.06mg (4.31%), Vitamin K: 4.42µg (4.21%), Vitamin B12: 0.25µg (4.1%), Vitamin B5: 0.31mg (3.1%)