



## King Prawn and Broccoli Stir Fry

### Ingredients

- 2 tbsp sunflower oil
- 2 large shallots, very thinly sliced
- 1 red chilli, seeds removed, thinly sliced
- 2cm/ $\frac{3}{4}$ in piece ginger, peeled and thinly sliced
- 350g/12oz raw peeled king prawns
- 250g/9oz broccoli, cut into tiny florets
- 150g/5 $\frac{1}{2}$ oz oyster mushrooms, thickly sliced
- 6 tbsp black bean sauce
- 2 tbsp dark soy sauce
- $\frac{1}{2}$  lemon, juice only
- salt and freshly ground black pepper

### Method

1. Heat a large frying pan until very hot. Add the oil, shallots, chilli and ginger and fry for 30 seconds.
2. Season the prawns with salt and pepper. Push the vegetables to one side of the pan. Add the prawns and fry until starting to turn pink.
3. Add the broccoli and mushrooms; toss together using two spatulas and fry for about 2–3 minutes.
4. Mix the black bean sauce, soy sauce and lemon juice together in a bowl. Add to the pan and toss. Stir fry for another 2 minutes until the prawns are cooked and the broccoli is just cooked but still crunchy.
5. Serve piping hot, on its own or with rice or noodles.