

# Prawn and Ginger Stir Fry



## You will need

- ✓ 150g Prawns, shelled
- ✓ 150g Wok-ready noodles
- ✓ 150g Broccoli florets, chopped
- ✓ 1 Clove garlic, crushed
- ✓ 2 Tablespoons light soy sauce
- ✓ 2cm Piece of fresh ginger, finely sliced
- ✓ 2 Tablespoons olive oil

- Prawns are low in calories and fat but high in protein
- The vitamin A in broccoli improves vision
- Ginger can help increase stamina

## Instructions

Serves 4

### Step 1

Heat the oil in a wok or large frying pan.

### Step 2

Fry the garlic, ginger and prawns for 1 minute.

### Step 3

Add the broccoli and fry for a further 2-3.

### Step 4

Add the noodles and soy sauce and cook for another 2 minutes.

**Top Tip:** If you're vegetarian, you can replace the prawns with tofu or Quorn which will need to be fried for 5-10 minutes before you add the other ingredients.