



Prawns with Bok Choy

SERVES 4

INGREDIENTS

- 2 tablespoons soy sauce
- 2 garlic cloves, crushed
- 1 small red chilli, finely sliced
- 4 x 120g large raw prawns, peeled, deveined, tails intact (females)
- 4 x 220g large raw prawns, peeled, deveined, tails intact (males)
- ½ cup fish stock
- 1 tablespoon oil
- 2 shallots, cut diagonally into 3cm lengths
- 1 bunch baby bok choy, halved

METHOD

1. Combine soy sauce, garlic, chilli and prawns. Marinate for 30 minutes in the refrigerator.
2. Remove prawns from marinade. Reserve 2 tablespoons of the marinade and combine with the stock and set aside.
3. Heat the oil in a wok until hot. Add and cook half the prawns until they are coloured, remove from wok. Repeat with the remaining prawns.
4. Add shallots and bok choy to wok and stir fry for 1 minute. Return prawns and stock mixture to the wok and cook for 1-2 minutes until the sauce thickens. Serve immediately garnished with extra shallots.

