

Taste the Hills

Recipes and Tips

Asparagus and prawn stir fry

Tuffins are selling a large bag of Asparagus for £3.99 at the time I write this but otherwise use the quantities given below for 4 people

2 bunches of asparagus (snap off the ends of the stalks)	An inch of fresh ginger, finely chopped
4 bundles of dried egg noodles	1 red chilli, deseeded and finely chopped
1 mango, peeled and cut into large chunks	1 tbsp sesame seed oil
1 bunch of spring onions, sliced	1 tbsp soy sauce
1 bag of spinach	A handful of cashews or peanuts
2 cloves garlic, finely chopped	Juice of a lime or lemon
	Salt and pepper
	Vegetable oil

Defrost and drain the prawns. Pat dry with kitchen paper (alternatively use cooked prawns).

Put a pan of water on to boil and blanch the asparagus for 2-3 minutes. Drain and conserve the water so that you can boil up the noodles. Let the noodles sit in the water while you make the stir fry. Drain the noodles before using.

Heat up a wok and add some oil. Stir fry the prawns first if they are raw. Remove these prawns to a dish. Stir fry the onions, garlic, ginger, pepper and chilli for a minute but be careful not to burn.

Add the asparagus and nuts and stir for a minute.

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