

Ken Hom's Stir-Fried Prawns and Peas

Serves 4

450g fresh uncooked prawns
225g fresh peas (shelled weight) or frozen peas
1 tbsp sunflower oil
1 tbsp coarsely chopped garlic
1 tbsp coarsely chopped fresh root ginger
1 tsp freshly ground black pepper
2 tbsp coarsely chopped spring onions
½ tsp sesame oil
2 tbsp vegetable stock
Pinch of salt

Method:

1. Peel the prawns and discard the shells. Using a small sharp knife, partially split the prawns lengthways and remove the fine digestive cord. Pat the prawns dry with kitchen paper.
2. If you are using fresh peas, blanch them in boiling water for 2 minutes, drain and set aside. If you are using frozen peas, let them thaw at room temperature.
3. Heat a wok, then add the oil. Add garlic, ginger, salt and black pepper and prawns and stir-fry for 1 minute. Then add the peas and continue to stir-fry for 1 minute. Pour in the stock and sesame oil and stir-fry for another 2 minutes. Garnish with spring onions and serve immediately.