

Spicy Prawn Chow Mein

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/prawns-chilli-fry-recipe-chinese>

Ingredients:

- 2 tablespoons vegetable oil
- 7/8 pound prawns peeled & deveined, tails intact
- 1 red chilli long, finely sliced
- 1 3/16 inches ginger just over 1" piece, peeled, finely julienned
- 3 garlic cloves finely chopped
- 2 cups shredded cabbage finely
- 1/2 carrot julienned
- 6 1/4 cups chow mein noodles pkt fresh
- 1 1/4 cups snow peas
- 2 spring onions scallions, thinly sliced
- chilli crisp, to serve, try my homemade chilli crisp version
- 2 tablespoons oyster sauce
- 2 tablespoons light soy sauce
- 2 tablespoons Shaoxing wine Chinese
- 1 teaspoon sesame oil
- 1 tablespoon cornflour cornstarch
- 1/2 cup chicken stock
- 1 teaspoon sugar

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1130 milligrams
9. Sugar: 5 grams

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