



Spring Veg & Prawn Stir-fry



<i>Ingredients</i>	<i>serves 2</i>
<i>Preparation time</i>	<i>5 mins</i>
<i>Cooking time</i>	<i>35 mins</i>

200g brown rice
1 tbsp sesame seeds
1 tbsp vegetable oil or sunflower oil
Small piece of root ginger, peeled and cut into matchsticks
300g mixed baby carrots and parsnips, halved lengthways
2 tbsp hoisin sauce
200g pack frozen cooked prawns, defrosted and drained
3 spring onions, sliced

- Boil the rice for 25 mins or until tender, drain, cool quickly under cold water, then drain again.
- Toast the sesame seeds in a dry wok until golden, then tip onto a plate and set aside.
- Heat the wok until really hot, then add the oil and ginger and stir-fry for 30 secs.
- Add the carrots, hoisin sauce and half a cup of water, then cover and cook over a high heat for 4 mins.
- Add the parsnips, re-cover and cook for another 3 mins.
- Tip in the rice and cook until piping hot.
- Throw in the prawns and spring onions for 1-2 mins until warmed through.
- Serve sprinkled with the toasted sesame seeds.