



## Hot and sour Pink Lady® apple and prawn stir-fry

Serves 2



Created by:  
Breathe media

### Ingredients:

- ♥ 250g dried egg noodles
- ♥ 100g broccoli
- ♥ 2 tbsp groundnut oil
- ♥ 1 Pink Lady® apple, cored and cut into strips
- ♥ 200g frozen peeled king prawns, defrosted
- ♥ 3 tbsp tamarind paste
- ♥ 1 red chilli, finely sliced
- ♥ 260g pack stir-fry vegetables
- ♥ 1-2 tbsp reduced-salt soy sauce
- ♥ ½ tbsp sesame oil
- ♥ ½ tbsp Thai fish sauce

### Method:

1. Cook the noodles according to packet instructions, drain and keep warm. Meanwhile cut the florets off the broccoli and finely slice the stems. Set aside.
2. Heat 1 tbsp of the groundnut oil in a large frying pan or wok, add the Pink Lady® apple slices and stir fry for 3 minutes or until lightly browned. Transfer to a plate. Add the defrosted prawns and 2 tsp of the tamarind paste and cook for 2-3 minutes until cooked. Remove and keep with the apples.
3. Add the remaining oil to the pan and stir fry the chilli, stir fry vegetables and broccoli for 4 minutes.
4. Finally, return the prawns and apples to the pan and stir in the soy sauce, sesame oil, fish sauce and remaining tamarind. Cook for 1-2 minutes and then serve with the noodles.