

Sweet and sour prawns

What you will need:

2 tablespoons of vegetable oil
4 spring onions, sliced
1 clove of garlic, peeled and sliced
200g of peeled, raw tiger prawns
1 red pepper, halved, deseeded and sliced
12 baby corn, halved lengthways
2 carrots, peeled and cut into strips
2 pineapple rings cut into chunks

For the sauce:

1 tablespoon of soy sauce
1 tablespoon of white wine vinegar
1 pouch of Ella's Kitchen Smoothie Fruits – "The Yellow One"
1 teaspoon of corn flour
4 tablespoons of water
2 tablespoons of ketchup
1 teaspoon of sweet chilli sauce

What you'll need to do:

- Mix together all of the ingredients for the sauce and set aside
- Heat the oil in a wok or large frying pan and add the spring onions, garlic and prawns and fry them for 3 – 4 minutes over a medium heat stirring all the time until the prawns are pink all over
- Add the pepper, sweetcorn and carrots and cook for a further 3 minutes until they are just soft
- Add the sauce mixture and the pineapple and stir everything together well
- Cook for a further 2 minutes until the sauce is bubbling and hot
- Serve with noodles or rice

Preparation time: 20 minutes

Cooking time: 9 minutes