CHINESE · DINNER

Prawn and Broccoli Stir-Fry in Garlic Sauce

15 min · Serves 2 · 465 kcal a serve · Video 6:06 · Souped Up Recipes

Pescatarian · No dairy listed · No nuts listed

Each serve gives about 46 g of protein from lean prawns with under 2 g of saturated fat, and the broccoli supplies more than a day's vitamin C and vitamin K. Ready in about 15 minutes.

Diet notes: Low saturated fat (1.8 g, 3% of the energy); Gluten-free with a swap: Use tamari and gluten-free oyster and hoisin sauces to keep it gluten-free.

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Ingredients 16 · SERVES 2

- [ ] 400 g peeled **raw prawns** (shrimp), patted dry
- [ ] ¼ tsp **salt** (marinade)
- [ ] 1 tsp **paprika**
- [ ] ⅓ tsp **black pepper**
- [ ] 2 tsp **vegetable oil** (marinade) + 2–3 tbsp for stir-frying
- [ ] 120 ml **water** for the sauce + 2 tbsp to steam the broccoli
- [ ] ½ tsp **sugar**
- [ ] 1 tbsp **oyster sauce**
- [ ] 1 tbsp **soy sauce**
- [ ] ½ tbsp **hoisin sauce**
- [ ] 1 tsp **dark soy sauce**
- [ ] 2 tsp **cornstarch**
- [ ] 340 g **broccoli**, cut into florets
- [ ] 8 **garlic** cloves, diced
- [ ] ½ tbsp **ginger**, diced
- [ ] a few **dried red chillies**, split (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Crustacea, Molluscs, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the prawns dry and toss with the salt, paprika, pepper and 2 teaspoons of oil. Cut the broccoli into florets and dice the garlic and ginger. 0:32
2. Stir the water, sugar, oyster sauce, soy sauce, hoisin, dark soy and cornstarch together in a bowl. 1:40
3. Heat a wok until smoking, swirl in the oil and stir-fry the prawns for a couple of minutes until just pink but still slightly translucent inside. Lift them out, leaving the oil behind. 2:27
4. Over medium heat, fry the garlic, ginger, chillies and broccoli for 1–2 minutes. Add 2 tbsp water at the side of the wok, cover and steam briefly until the broccoli is just tender. 3:10
5. Pour in the sauce, return the prawns and toss for a couple of minutes until the sauce thickens and the prawns are cooked through. 3:53

> **Tip** Serves 2 (her written recipe). She eats it with white rice, or on its own for a lighter meal; brown rice adds fibre. Use a little less oil if your wok is well seasoned.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
465 kcal	**45 g**	**24 g**
1,950 kJ	91% of a day	18 g net · 5.6 g sugars
		9% of a day

FIBRE	FAT	SODIUM
5.6 g	**23 g**	**1,430 mg**
20% of a day	1.8 g saturated	62% of a day
	30% of a day	

Energy from net carbs 16% · protein 39% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 173% · Vitamin K 158% · Selenium 156% · Omega-3 156% · Vitamin B12 115% · Vitamin E 51% · Vitamin B6 45% · Folate 36% · Zinc 32% · Magnesium 27% · Potassium 23% · Vitamin A 20%

Source of (10–19%) Calcium 17% · Iron 16%

⚠ One serve has about 62% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Souped Up Recipes (@SoupedUpRecipes) on YouTube — youtube.com/watch?v=exuzvgnyECk, published 20 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/prawn-broccoli-garlic-sauce