

Season: January - July

Cool Tassie Carrots

Stir Fry Prawns with Carrot and Noodles

Serves 4

- 4 Tassie carrots, peeled
- 12 raw prawns, peeled
- 100g rice stick noodles
- 2 tablespoons vegetable oil
- 1 Tassie brown onion, roughly chopped
- 1 garlic clove, crushed
- 1 cup Tassie broccoli florets
- 1 cup bean sprouts
- 2 tablespoons low sodium soy sauce
- 2 teaspoons brown vinegar
- Coriander for garnish

Cut carrots into long ribbons using a vegetable peeler. Remove dark vein from prawns. Soak noodles in cold water. Heat oil in a large pan. Add onion and garlic and stir fry for 3 minutes. Add broccoli and stir fry for 5 minutes. Drain noodles and add to pan with carrot and prawns. Toss and cook until prawns turn pink. Add bean sprouts, soy and vinegar. Toss and serve garnished with coriander.

