



Serves: 4

Soy Sauce Garlic Prawns

Ingredients

- Medium prawns (8-10), whole 400g
- Garlic, chopped 100g
- 1 Spring onion, thinly sliced
- 1 Chinese parsley for garnish
- Light soy sauce 2 tbsp
- Sugar 1 tsp
- Chinese wine 2 tsp
- Olive oil 1 tbsp
- Salt & pepper, to taste

Tips:

- Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of this dish.
- Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

Method

- Deshell and devein the prawns, but do not remove the tail.
- Add garlic to a bowl, then pour boiling hot oil over it.
- Add seasoning, and if desired, a bit of starch to thicken.
- Pour the garlic mixture on top of the prawns.
- Put the prawns in a dim sum basket and steam for 2 minutes.
- Mix the soy sauce, sugar and Chinese wine, and pour over the steamed prawns.
- Sprinkle with spring onions and serve.

Nutrition Information (Per Serving):

Energy: 152kcal
Carbohydrate: 10.9g
Protein: 19.0g
Total fat: 3.9g
Saturated fat: 0.2g
Cholesterol: 194mg
Dietary fibre: 0.6g
Sodium: 455mg