



SWEET & SOUR PRAWNS



Lower in
calories

Serves 4

Prep time: 15 mins

Cook time: 8 mins

INGREDIENTS

- 400g prawns, peeled and de-veined
- 1 tbsp apple cider vinegar
- 1 tbsp light soya sauce, lower in sodium
- 3 tbsp tomato sauce, lower in sodium
- 1 tbsp brown sugar
- 2 tbsp cornflour mixed with 2 tbsp water
- 4 tbsp canola oil
- 100ml water
- 2 cloves of garlic, finely chopped
- 1-inch piece ginger, sliced
- ½ green capsicum, diced
- ½ red capsicum, diced
- 2 red chillies, finely sliced
- A few spring onions, sliced lengthwise
- 2 slices of fresh pineapple, diced
- ½ cup coriander leaves, chopped

METHOD

1. Mix the apple cider vinegar, tomato sauce, light soya sauce, brown sugar, cornflour mixture and water together.
2. Heat the oil over high heat in a non-stick pan, add the garlic, ginger, chili and stir fry for a while.
3. Add in the pineapple, capsicum, cook for 2 minutes and then add in the prawns.
4. After cooking the prawns for 2 minutes, add in the mixed sauce and stir for 4 minutes. Then add in the spring onions and coriander leaves, stir and turn off the heat.



Recipe courtesy of Chef Mel Degan

Korang OK?





Lower in calories

UDANG

MASAM

MANIS

Saiz hidangan: 4 orang
Masa untuk siapkan: 15 minit
Masa untuk memasak: 8 minit

BAHAN-BAHAN

- 400g udang, dikopek dan dibuang uratnya
- 1 sudu besar cuka epal cider
- 1 sudu besar kicap cair rendah sodium
- 3 sudu besar sos tomato rendah sodium
- 1 sudu besar gula perang
- 2 sudu besar tepung jagung dicampur dengan 2 sudu teh air
- 4 sudu besar minyak canola
- 100ml air
- 2 ulas bawang putih, dicincang halus
- 1 inci kepingan halia, dihiris
- ½ biji lada benggala hijau, dipotong dadu
- ½ biji lada benggala merah, dipotong dadu
- 2 cili merah, dihiris halus
- Beberapa helai daun bawang, dihiris panjang
- 2 keping nenas segar, dipotong dadu
- ½ cawan daun ketumbar, dicincang

CARA MEMASAK

1. Campurkan cuka epal cider, sos tomato, kicap cair, gula perang, bancuhan tepung jagung dan air.
2. Panaskan minyak atas api besar di dalam kualiti tidak melekat. Masukkan bawang putih, halia, cili dan goreng sebentar.
3. Masukkan nenas, lada benggala dan masak selama 2 minit. Kemudian, masukkan udang.
4. Selepas udang dimasak selama 2 minit, masukkan sos campuran. Kacau selama 4 minit dan masukkan daun bawang serta daun ketumbar. Kacau dan matikan api.



Resipi oleh **Chel Mel Dean**

Korang OK?

