

Harnett's Oils Seafood Recipes

Stir-fried Warm Salad of Prawns and Baby Courgettes

Serves 4

Ingredients:

- 20 Peeled prawns (Sea Source frozen Gourmet meat)
- 10 Baby Courgettes
- 6 Tbsp Harnett's Chilli and Garlic Rapeseed Oil
- 2 Limes (zest and juice)
- 1 heaped Tbsp Grated fresh ginger
- 2 fresh red chilli's (deseeded and finely chopped)
- 1 Small handful of mixed coriander and mint
- 2 Tbsp Soy Sauce

Method:

1. Run a sharp knife down the back of the prawns and remove the little vein (if using frozen prawns, defrost under cold running water first).
2. Heat up a pan or wok on a high temperature whilst finely slicing baby courgettes at an angle. Place courgettes in a bowl and have all the ingredients ready to go.
3. Once pan is hot, add Harnett's Chilli and Garlic Rapeseed oil, prawns, lime zest and ginger. Stir fry for around 2 minutes, until the prawns are lightly golden.
4. Remove from heat and allow to cool for 30 seconds before adding courgettes, lime juice, chilli and herbs. Increase or decrease chilli to taste (remember, there is chilli in the oil).
5. Season with Soy Sauce, tossing around in a large bowl to cover entire ingredients. Serve straight away.