



CHILLI PRAWN ZOODLES

With my stir fries I don't really go for exact measurements, because you really can't do too much wrong!

1/4 medium head of cauliflower, chopped
1 tablespoon coconut oil
1 large zucchini
20 medium green prawns
1 clove garlic (or prepared crushed garlic paste)
Knob of ginger, peeled and grated
1 long fresh chilli, or chilli flakes
1 large brown onion
2 stalks of celery, sliced
Snow peas, tailed and sliced
Green beans, tailed and halved
½ Red capsicum, sliced
1 Large carrot, sliced
Fresh baby corn, halved
1 tablespoon tamari (or soy sauce if you don't have)
½ to 1 teaspoon of stevia (to taste)
Thai red curry paste
1 teaspoon of all natural peanut paste
¼ cup fresh basil leaves
¼ cup fresh coriander leaves
Sesame seeds to serve

Using a spiroolizer (or spiral slicer) to make the zucchini into long thin noodles.

Heat the ½ of the coconut oil in a large wok or frypan over a medium to high heat – stir fry prawns first for a few minutes or until just cooked through – transfer to a plate and cover to keep warm.

Heat remaining coconut oil in same wok or frypan, add the garlic and ginger, thai red curry paste, chilli and onion – stir fry until fragrant – next add the cauliflower, carrots, celery, snow peas, beans, baby corn and capsicum and stir fry for about 2 minutes or until just tender and remaining a little crunchy.

Combine the tamari, stevia and peanut paste in a small bowl (I sometimes add a little water depending if I want a dry stir fry or one with a little bit more juice) – then add this mixture with the zucchini to the wok – and at the same time place the prawns back into the mixture – stir fry on high for about 1-2 minutes max or just until the zucchini zoodles are just tender – add the basil and coriander and toss.

Plate up and sprinkle with sesame seeds to your liking.

Tips:

- * You could add in some other vegetables – mushrooms, corn, asparagus, green onions
- * Even try a few different types of mushrooms in the one mixture