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## Prawn Stir Fry <sup>•</sup>

A delicious stir fry recipe made with prawns, vegetables, and a flavorful sauce. This dish is easy to make and perfect for a quick weeknight dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	prawns
<b>200 g</b>	Bell peppers
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>10 g</b>	Ginger
<b>3 tbsp</b>	soy sauce

<b>2 tbsp</b>	oyster sauce
<b>2 tsp</b>	sesame oil
<b>1 tbsp</b>	cornstarch
<b>4 tbsp</b>	Water
<b>2 tbsp</b>	vegetable oil

## Directions

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### Step 1

#### Mixing

In a small bowl, mix together soy sauce, oyster sauce, sesame oil, cornstarch, and water to make the sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Heating

Heat vegetable oil in a large pan or wok over medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 3

### Stir-frying

Add garlic and ginger to the pan and cook for 1 minute until fragrant.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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## Step 4

### Stir-frying

Add prawns to the pan and cook for 2-3 minutes until they turn pink and opaque.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 5

### Stir-frying

Add bell peppers and onion to the pan and cook for 2-3 minutes until they are crisp-tender.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 6

### Stir-frying

Pour the sauce over the ingredients in the pan and cook for 1-2 minutes until the sauce thickens.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 7

Serving

Serve the prawn stir fry hot with steamed rice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 25 g

**Carbohydrates:** 10 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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