



A LONG ESTABLISHED FAMILY FIRM

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THE WORLD'S FINEST RANGE COOKERS

## Hot Prawn and Mango Stir-Fry by David Pengelly

### Ingredients

20 King prawns (raw), peeled  
1 Bunch spring onions, thinly sliced  
2.5cm (1") Root ginger, peeled and grated  
1 Clove garlic  
1 Red chilli, deseeded and finely chopped  
1 Mango, peeled and diced (approx. 1cm cubes)  
2 Tsp. Sun dried tomato paste  
1 Tbsp. Dark soy sauce  
2 Tbsp. Rice vinegar  
½ Tsp. Sesame oil  
2 Tbsp. Groundnut oil  
Seasoning

### Method

- In a small bowl mix the chilli, spring onions, grated ginger and chopped garlic.
- In another bowl mix the tomato puree, soy sauce, rice vinegar and sesame oil.
- Heat a wok or stir fry pan, add the ground nut oil, tip in the spring onion mixture and cook for one minute stirring all the time.
- Add the prawns and cook until they turn pink, add the mango, stir well and finally add the soy mixture. Stir until boiling.
- Serve at once with rice.

### Oven Cooked Rice

225g (8 oz.) basmati rice, 350ml (12 fl. oz.) water.

**AGA:** bring to the boil and cover the pan, place into the simmer oven for 20 minutes.

**Everhot:** bring to the boil and cover the pan, place in the lower oven set at 110°C - 120°C for 20 minutes.