

Sweet Chilli Prawns

Jenny contributed this recipe to the calendar. She loves to make Sweet Chilli Prawns for Millie, and Aine-Rose is sure to love it too when she's old enough!

This is a lunch recipe for when you are feeling hungry and need something more substantial. It can be eaten hot or cold, although younger children may need some help with the noodles. Add chilli for older children or adults who like things spiced up!



Ingredients (Serves 2)

King Prawns, approx 100g (small prawns work just as well and are cheaper)

Garlic, 2 cloves

1 tbsp Ginger (finely chopped or grated)

2 tbsp Coriander, chopped

1 small chilli (optional)

2 tbsp olive oil

Noodles

3 tbsp sweet chilli sauce

Vegetables (we used 2 spring onion, 1 carrot, baby sweetcorn and mange-tout)

METHOD

1. Cook the noodles according to packet instructions
2. Heat the oil in a pan or wok and add the garlic, ginger, and chilli (if using). Then add the vegetables, and stir-fry
3. Add the prawns and coriander and heat through
4. Once the noodles are cooked, mix through the sweet chilli sauce.
5. Add the prawn mix and noodles together, and serve hot or cold.



TOP TIPS Left-overs work really well in lunch boxes. If you cook too much for tea, serve it for lunch the next day, so it doesn't get wasted. Or cook a little extra pasta or rice and make it into a salad, for a slightly different lunch. Variety is the spice of lunch!

MARCH 2008

sat	1	mon	17
sun	2	tue	18
mon	3	wed	19
tue	4	thur	20
wed	5	fri	21
thur	6	sat	22
fri	7	sun	23
sat	8	mon	24
sun	9	tue	25
mon	10	wed	26
tue	11	thur	27
wed	12	fri	28
thur	13	sat	29
fri	14	sun	30
sat	15	mon	31
sun	16		

TOP TIPS It's really important to get your children into good habits from an early age. As well as eating well, it includes getting active! You don't need any special expensive equipment - use everyday items like scarves, balls and bubbles to play with your child. Add music and you can have hours of fun!