



Mushroom, prawn and asparagus stir-fry

Preparation: 20 minutes + 15 minutes marinating

Cooking: 10 minutes Serves: 4

1 /3cup oyster sauce

2 tbs soy sauce

1 tbs brown sugar

600g green medium-king prawns, peeled & deveined*

300g cup mushrooms, thickly sliced

2 tbs peanut oil

1 small red onion, peeled & cut into wedges

1 bunch choy sum, trimmed, leaves separated & stems chopped

1 bunch asparagus, trimmed & cut into 3cm lengths

rice or noodles, to serve

1. Combine oyster sauce, soy sauce & brown sugar in a small jug. Place prawns & mushrooms into separate bowls. Pour 1/4the soy mixture over prawns & remaining soy mixture over mushrooms. Toss well to coat. Cover & place in the fridge to marinate for 15 minutes.
2. Heat a wok over high heat until hot. Add 1 tbs oil & prawns & stir-fry for 1-2 minutes or until pink. Remove & set aside.
3. Add remaining oil & onion to wok & stir-fry for 1 minute. Add choy sum stems & asparagus & stir-fry for 1 minute. Add mushrooms & stir-fry for 2 minutes or until mushrooms are almost tender.
4. Add prawns & choy sum leaves & stir-fry for 1 minute or until leaves just wilt. Serve immediately with rice or noodles.

Note: Prawns can be replaced with sliced chicken, beef or pork fillet.