SZECHUAN PEPPER & CALIFORNIA PRUNE STIR FRY

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California Prunes replace the traditional sweet ingredient of honey in this stir-fry dish. California Prunes not only have fibre that honey doesn't meaning this dish will have a lower overall effect on blood sugar, they also add a depth of flavour that complements the Szechuan pepper deliciously.

Prep Time: 7 minutes
Cook Time: 9 minutes
Serves: 4

Ingredients:

For the sauce
1tsp Szechuan peppercorns
4 tbsp soy sauce
4 tbsp California Prune puree
1 tbsp sesame oil
1 tbsp rice (or white wine) vinegar
3 cloves garlic, crushed
2 tsp ginger, finely grated
½ tsp Chinese five spice
2 tsp cornflour
½-1 tsp chilli flakes (optional)

For the stir-fry
2 tsp vegetable oil
150g raw jumbo prawns
1 red pepper, sliced
1 yellow pepper, sliced
2 pak choy, leaves kept whole, bases sliced
4 spring onions, sliced
2 tsp sesame seeds
250g mixed mushrooms, torn into bite-size pieces

Here's How:

1. To make the sauce, dry fry the Szechuan peppercorns for a minute or two until they start to turn brown and become fragrant. Then crush using a mortar and pestle or spice grinder and whisk together with all the other sauce ingredients.
2. In a wok or large frying pan heat the oil and add the peppers, sliced pak choy (keep the leaves for adding near the end) and mushrooms and stir-fry over a high heat for 5 minutes or so, then add the prawns.

3. Continue to fry, stirring all the time until the prawns turn pink. Add the sauce and the pak choy and cook for a little longer until the pak choy leaves have wilted and the sauce is hot and has thickened.
4. Sprinkle the spring onions and sesame seeds on top.

Serving Suggestion: Serve with rice or noodles.

Link to Website: https://www.californiaprunes.net/recipes/szechuan-pepper-stir-fry/