



Prawn and macadamia stir fry

Macadamia oil is great for stir fries, especially when using prawns or chicken and adding the nuts gives a unique flavour and texture. Serves ten.

- * 2 tablespoons macadamia oil
- * 1 kg green prawns, peeled leaving tail intact
- * 1 large onion, cut into slim wedges
- * 750g Chinese vegetables of choice
- * 2-3 cloves garlic
- * 1 tablespoon chopped fresh ginger
- * 1 tablespoon fish sauce
- * 2 tablespoons soy sauce
- * 1 small fresh chilli, finely chopped
- * 250g Premium Macadamia Wholes and Halves (Style 2)
- * 2 tablespoons oyster or plum sauce
- * 80ml water or stock
- * 2 teaspoons cornflour

Heat oil in a wok. Add onion, garlic, ginger chilli and macadamia nuts and stir fry for 2 minutes or until macadamias are starting to brown. Add prawns and stir fry until they change colour. Add vegetables and stir fry for 1-2 minutes or until just wilted. Combine sauces and blended water and cornflour. Stir into prawns, adding more water if necessary, and cook until mixture thickens. Serve with steamed rice.