



Sweet Chilli, Prawn and Mango Stir Fry

Ingredients

- 2 tablespoons Maggi Chilli Sauce with Garlic
- 1 teaspoon sunflower or vegetable oil
- 250 g frozen prawns, defrosted
- 150 g mange tout or sugar snap peas
- 150 g Mango
- 150 g carrots, peeled and sliced
- 150 g basmati or long grain rice

Instructions

1. Cook the rice according to the pack instructions.
2. While the rice cooks, slice the sugar snap peas and cut the carrots into thin slices. Peel the mango and cut the juicy flesh into cubes.
3. Heat oil in a non-stick frying pan and cook the prawns and carrots for approx. 3 minutes. Add the sugar snap peas and continue to cook for 1 minute. Add the Maggi Chilli Sauce with Garlic and bubble for 1 minute before adding the mango. Stir everything together and then remove from the heat and keep warm (don't over cook the mango).
4. Drain the rice and serve with the stir fry!

Nutrition

Carbohydrate	85.66 g
Energy	574.49 kcal
Fat	4.5 g
Fibre	6.78 g
Protein	34.94 g
of which: saturates	0.73 g
Sodium	344.35 mg
of which: sugars	19.06 g

20 Minutes

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