

Prawn Sang Choy Bow



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Prawn Sang Choy Bow

Serves 4

- 1 kg whole green prawns, peeled, de-veined and finely chopped
- 2 iceberg lettuce
- 1 small can bamboo shoots, finely chopped
- 8 shallots, finely chopped
- 8 mushrooms, finely chopped
- 4 garlic cloves, finely chopped
- 2 teaspoons sesame oil
- 4 tablespoons oyster sauce
- 1/2 cup chicken stock
- 2 teaspoons cornflour, mixed with 1 tablespoon water
- 1-2 red chilies, sliced
- Sesame seeds
- 2 tablespoons of vegetable oil

- Cut off base of lettuce and remove individual leaves. Wash, dry and trim lettuce leaves into cup shape. Refrigerate until ready to serve.
- Heat vegetable oil in a fry pan. Add bamboo shoots, shallots, mushrooms and garlic and stir fry for 2 minutes. Add prawn meat and cook for 2-3 minutes until just cooked.
- Add chicken stock, oyster sauce, sesame oil and cornflour mix and stir.
- Serve prawn mixture in lettuce leaves, and top with chili and sesame seeds.



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Healthy catchments and
healthy oceans for sustainable,
quality Australian seafood

