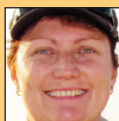




Recipe



by MELISSA FROHLOFF

Stir-fried prawns and scallops with angel hair pasta

Ingredients

- 2 tbsp light soy sauce
- 1 tbsp sweet sherry
- 1 tbsp sesame oil
- 1/4 cup vegetable oil
- 500g scallops without roe
- 500g medium green prawns, peeled
- 2 tsp cornflour
- 4 tbsp oyster sauce
- 250g dried angel hair pasta
- 3cm piece of ginger, thinly shredded
- 4 cloves garlic, thinly shredded
- 400g snow peas, trimmed
- 4 bunches garlic chives, cut into 4cm lengths

Method

1. Place one tablespoon of soy sauce, sherry, half a tablespoon of sesame oil, one tablespoon of vegetable oil and all seafood in a bowl and toss to combine.
2. In a second bowl, combine

cornflour, oyster sauce, half a cup of water and remaining soy sauce, sherry and sesame oil for the sauce mix.

3. Cook pasta in a large pan of boiling salted water until al dente and then drain.
 4. Heat a wok over high heat until hot. Add two teaspoons of vegetable oil and then stir fry one-third of the seafood for one to two minutes or until golden and just cooked. Transfer to a tray. Repeat twice with oil and remaining seafood. Wipe wok clean.
 5. Heat remaining two teaspoons of vegetable oil in wok. Add ginger, garlic and snow peas. Stir fry over high heat for two minutes.
 6. Return seafood and juices to wok with sauce mixture and bring to the boil.
 7. Add noodles and chives. Toss and serve.
- Serves four