

Seafood wok

Total time **35 mins** 25 mins preparation time **10 mins** cooking time

Nutritional facts (per portion):
962 kJ / 230 kcal

Fat: **4 g** Protein: **38 g**
Carbohydrates: **6 g**

INGREDIENTS

4 portion(s)

300 g squid tubes
500 g king prawns
500 g green asparagus
0.5 bunch spring onions
3 tbsp groundnut oil
0.5 mild chilli
runny honey
pepper
8 tbsp Kikkoman Naturally
Brewed Soy Sauce

PREPARATION

Step 1

Cut the squid into thick rings and halve the prawns lengthways. Wash the asparagus, trim the ends, peel the lower third, then cut the spears into 5cm lengths. Wash and chop the spring onions. Finely chop the chilli.

Step 2

Preheat a cast-iron wok on the grill until very hot. Add 1 tablespoon of oil and fry the squid for 3–4 minutes on high heat. Remove from the wok and keep warm.

Step 3

Add another 1 tablespoon of oil to the wok and cook the king prawns over a high heat (for 2–3 minutes; they should still be a little translucent). Take the prawns out and also keep them warm.

Step 4

Now add the vegetables and the remaining 1 tablespoon of oil, and fry for 3–4 minutes in the wok. Return the prawns and squid to the wok and season everything with the chilli, honey, pepper and KIKKOMAN soy sauce. Serve immediately.