

Helergon Kitchen

Asian Chilli Garlic Prawns – Quick & Easy Weeknight Dinner

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb (450g) raw prawns, peeled and deveined
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon red chilli flakes (adjust to taste)
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 1 tbsp honey
- [ ] 1 tsp sesame oil
- [ ] 1 tbsp vegetable oil

Optional Garnish

- [ ] 2 scallions, thinly sliced
- [ ] Sesame seeds for sprinkling

Instructions

1. Pat the prawns dry with paper towels, then set aside; this ensures a quick sear.
2. Heat vegetable oil in a large skillet over medium-high heat until shimmering.
3. Add minced garlic and red chilli flakes, stirring for 30 seconds until fragrant, being careful not to burn.
4. Place the prawns in the pan in a single layer; cook 2-3 minutes per side until they turn pink and opaque.
5. Stir in soy sauce and honey, tossing the prawns to coat; cook another minute until the glaze thickens, then finish with a drizzle of sesame oil.
6. Remove from heat, garnish with sliced scallions and sesame seeds, and serve immediately over rice or noodles.

Nutrition per serving

280 kcal	25 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overcook the prawns; they become rubbery if left too long.
- Adjust the heat level by adding more or fewer chilli flakes.
- A splash of lime juice at the end brightens the flavor.