Treasure Barrel

Asian Chilli Garlic Prawns

Spicy garlic prawns tossed in a vibrant Asian chilli sauce—fast, tasty, and satisfying.

10 min	15 min	25 min	4	Easy	Asian
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large raw prawns, peeled and deveined
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp red chilli flakes (or more to taste)
- [ ] 2 tbsp soy sauce (low-sodium)
- [ ] 1 tbsp honey
- [ ] 1 tbsp vegetable oil
- [ ] 1 tbsp lime juice
- [ ] 2 green onions, sliced for garnish

Instructions

1. Heat the oil in a large skillet over medium-high heat. Add the minced garlic and chilli flakes, stirring until fragrant, about 30 seconds.
2. Pour in the soy sauce and honey, letting the mixture bubble gently; this creates a glossy glaze.
3. Add the prawns in a single layer. Cook for 2-3 minutes per side, until they turn pink and opaque, shaking the pan to coat evenly.
4. Stir in the lime juice, remove from heat, and sprinkle with green onions. Serve immediately.

Nutrition per serving

320 kcal	28 g	22 g	10 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a richer sauce, add a splash of creamy Tuscan broth before finishing.
> - For a heartier bowl, toss the prawns with shrimp and corn soup ingredients for a one-pot meal.
> - Adjust the honey if you want a less sweet glaze; a touch less will let the chili shine.