

Garlic Prawns with Charred Broccoli and Soba

Serves 4

20 fresh prawns (peeled)

2 cloves garlic, crushed

1 tablespoon butter

½ large chilli, finely chopped (optional)

1 broccoli, broken into florets and each cut in half lengthways

2/3 packet of soba or buckwheat noodles

1 zucchini cut into spaghetti pasta

4 handfuls of spinach

4 tablespoons kim chi



Bring a pot of water to the boil for your noodles. Meanwhile steam the broccoli until just tender but still firm. Add your noodles to the water and cook according to packet instructions, adding the zucchini noodles in the last minute. When ready add the spinach and then drain.

Heat a grill pan to high heat and char-grill the broccoli until the grill marks have appeared.

Meanwhile heat another pan to medium heat and add the butter. When melted, add the garlic and chilli for 30 seconds, and then add the prawns for 3-4minutes or until cooked through.

Divide the noodles between four bowls and top with the broccoli, prawns, kim chi and extra fresh chilli.