



## SZECHUAN PEPPER & CALIFORNIA PRUNE STIR FRY

by Jo Travers BSc RD MBDA

California Prunes replace the traditional sweet ingredient of honey in this stir-fry dish. California Prunes not only have fibre that honey doesn't meaning this dish will have a lower overall effect on blood sugar, they also add a depth of flavour that complements the Szechuan pepper deliciously.

**Prep Time:** 7 minutes  
**Cook Time:** 9 minutes  
**Serves:** 4

**Ingredients:**

**For the sauce**

1tsp Szechuan peppercorns  
4 tbsp soy sauce  
4 tbsp California Prune puree  
1 tbsp sesame oil  
1 tbsp rice (or white wine) vinegar  
3 cloves garlic, crushed  
2 tsp ginger, finely grated  
½ tsp Chinese five spice  
2 tsp cornflour  
½-1 tsp chilli flakes (optional)

**For the stir-fry**

2 tsp vegetable oil  
150g raw jumbo prawns  
1 red pepper, sliced  
1 yellow pepper, sliced  
2 pak choy, leaves kept whole, bases sliced  
4 spring onions, sliced  
2 tsp sesame seeds  
250g mixed mushrooms, torn into bite-size pieces



**Here's How:**

1. To make the sauce, dry fry the Szechuan peppercorns for a minute or two until they start to turn brown and become fragrant. Then crush using a mortar and pestle or spice grinder and whisk together with all the other sauce ingredients.
2. In a wok or large frying pan heat the oil and add the peppers, sliced pak choy (keep the leaves for adding near the end) and mushrooms and stir-fry over a high heat for 5 minutes or so, then add the prawns.



3. Continue to fry, stirring all the time until the prawns turn pink. Add the sauce and the pak choy and cook for a little longer until the pak choy leaves have wilted and the sauce is hot and has thickened.
4. Sprinkle the spring onions and sesame seeds on top.

**Serving Suggestion:** Serve with rice or noodles.

**Link to Website:** <https://www.californiaprunes.net/recipes/szechuan-pepper-stir-fry/>