

# Honey, Sesame & Orange King Prawns



**Serves 4**    **Prep 10 mins**    **Cooking 10 mins**    **Easy**  
**+ 10 mins for rice**

## Ingredients

2 tsp sesame oil  
1 large orange, zested & juiced  
3 tbsp honey  
2 tbsp low-salt soy sauce  
1 tbsp rice vinegar  
3 tbsp cornflour  
2 tbsp sesame seeds  
generous pinch of Chinese five-spice powder  
300g raw king prawns  
3 tbsp sunflower or vegetable oil  
2 spring onions, sliced  
200g long-grain rice, cooked, to serve

1. Mix the oil, orange zest and juice, honey, soy and vinegar in a bowl, then combine the cornflour, sesame seeds, five-spice and a pinch of salt in another bowl. Run a small knife down the back of each prawn, so they butterfly out as they cook, helping more sauce stick to them.
2. Toss the prawns through the cornflour mixture. Heat the oil in a large wok or frying pan. Add the prawns and any flour and seeds left in the bowl. Stir-fry over a high heat for a few minutes, until the prawns are pink and the sesame seeds are golden. Tip the prawns onto a plate and pour the sauce mixture into the wok. Bubble for a few minutes until thickened. Add the prawns back to the wok and stir to coat in the sauce. Heat through for another 30 seconds. Top with spring onions and serve with rice.