Plate Dream

Asian Chilli Garlic Prawns – Easy Dinner Recipe

Spicy Asian garlic prawns, ready in minutes, full of flavor and warmth.

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

Ingredients

Main Ingredients

- [ ] 1 lb large prawns, peeled and deveined
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp red chilli flakes
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tbsp vegetable oil
- [ ] 1 tsp lime juice
- [ ] Salt to taste

Optional Garnish

- [ ] 2 tbsp chopped fresh cilantro
- [ ] 1 tsp sliced scallions

Instructions

1. Pat the prawns dry, then season lightly with salt.
2. Heat oil in a large skillet over medium-high heat; add prawns in a single layer.
3. Sear for 2 minutes per side until pink, then remove and set aside.
4. Reduce heat to medium, add garlic and chilli flakes; sauté until fragrant, about 30 seconds.
5. Stir in soy sauce, honey, and lime juice; let the sauce simmer briefly.
6. Return prawns to the pan, toss to coat; cook another minute until everything is glossy.
7. Garnish with cilantro and scallions, then serve immediately.

Nutrition per serving

210 kcal	22 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too fast, add a splash of water.
- Taste before serving; you may want a pinch more salt or lime.
- For extra heat, drizzle a tiny bit of sriracha at the end.