



Ginger-Lemongrass Prawns, Asian Greens & Beans

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Prawns



Ginger Lemongrass Paste



Sichuan Garlic Paste



Crispy Shallots



Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*



Eat Me First

Cook prawns the right way (we'll show you how!) and they'll be sweet, juicy and tender, and the perfect partner for a zingy ginger-lemongrass sauce. Complete with stir-fried veggies and flavour-packed garlic rice, who knew a low cal meal could be so satisfying?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
prawns	1 packet (200g)	2 packets (400g)
ginger	1 packet	2 packets
lemongrass paste	1 packet	2 packets
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
crispy shallots	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2619kJ (625Cal)	547kJ (130Cal)
Protein (g)	24.8g	5.2g
Fat, total (g)	20.4g	4.3g
- saturated (g)	8.1g	1.7g
Carbohydrate (g)	87.2g	18.2g
- sugars (g)	17.6g	3.7g
Sodium (mg)	1784mg	373mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (707Cal)	503kJ (120Cal)
Protein (g)	37.7g	6.4g
Fat, total (g)	20.9g	3.5g
- saturated (g)	8.3g	1.4g
Carbohydrate (g)	88.4g	15g
- sugars (g)	18.3g	3.1g
Sodium (mg)	2433mg	413mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the prawns

- When the rice has **5 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

Custom Recipe: If you've doubled your prawns, cook prawns in batches for the best results. Add all prawns back to the pan before continuing with the next step.



Prep the veggies

- While the rice is cooking, thinly slice **carrot**.
- Trim **green beans**.
- Roughly chop **Asian greens**.



Bring it all together

- Add **ginger lemongrass paste** and cook until fragrant, **1 minute**. Stir in **Sichuan garlic paste**, the **soy sauce** and **Asian greens**.
- Return **carrot** and **green beans** to the pan and cook, tossing, until **Asian greens** are wilted, **1-2 minutes**. Season with **salt** and **pepper**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **carrot** and **green beans** until tender, **5-6 minutes**. Transfer to a bowl.



Serve up

- Divide the garlic rice between bowls. Top with the ginger and lemongrass prawns, spooning over any remaining sauce from the pan.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

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