

American-Spiced Prawns & Supergreen Slaw

with Cherry Tomatoes, Garlic Rice & Ranch Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Snacking Tomatoes



Sweetcorn



All-American Spice Blend



Prawns



Shredded Cabbage Mix



Kale & Spinach



Mayonnaise




Ranch Dressing



Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me First

There's something about seafood that screams fresh, and this colourful prawn dish is a case in point! Don't forget the ranch dressing and colourful veggies, which really tie everything together.

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

Pantry items

Olive Oil, Butter

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* (for the rice)	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
sweetcorn	1 tin (125g)	1 tin (300g)
All-American spice blend	1 medium sachet	1 large sachet
prawns	1 packet (200g)	2 packets (400g)
butter* (for the prawns)	20g	40g
shredded cabbage mix	1 medium bag	1 large bag
kale & spinach	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	624kJ (149Cal)
Protein (g)	25.5g	5.1g
Fat, total (g)	33.4g	6.7g
- saturated (g)	12.6g	2.5g
Carbohydrate (g)	77.9g	15.6g
- sugars (g)	9.5g	1.9g
Sodium (mg)	1544mg	308mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3446kJ (824Cal)	574kJ (137Cal)
Protein (g)	39.2g	6.5g
Fat, total (g)	33.9g	5.6g
- saturated (g)	12.7g	2.1g
Carbohydrate (g)	77.9g	13g
- sugars (g)	9.5g	1.6g
Sodium (mg)	2196mg	366mg

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 garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter (for the rice)** 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**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Cook the prawns

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

Custom Recipe: If you've doubled your prawns, cook in batches for the best results!



Get prepped

- Meanwhile, halve **snacking tomatoes**.
- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**.
- Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Make the slaw

- To the bowl with the **corn**, add **tomato**, **shredded cabbage mix**, **kale & spinach** and **mayonnaise**.
- Toss to combine and season to taste.



Flavour the prawns

- In a second medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**.
- Add **prawns**, tossing to coat.



Serve up

- Divide garlic rice between plates.
- Top with American-spiced prawns and supergreen slaw.
- Drizzle with ranch dressing to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate