# HELLO FRESH

# American-Spiced Prawns & Garlic Rice
## with Slaw & Ranch Dressing

Garlic

Jasmine Rice

Baby Spinach Leaves

Sweetcorn

All-American Spice Blend

Prawns

Shredded Cabbage Mix

Mayonnaise

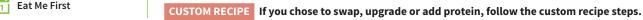Ranch Dressing

Chicken Breast

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

Eat Me First

With hints of paprika, cumin and mustard, our All-American spice blend is all you need to jazz up juicy prawns. Serve alongside the slaw over fragrant garlic rice and bring it all together with a drizzle of creamy and tangy ranch dressing.

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

## Pantry items
Olive Oil, Butter

AE

## 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 |
| baby spinach leaves | 1 small bag | 1 medium bag |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| All-American spice blend | 1 medium sachet | 2 medium sachets OR 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 |
| mayonnaise | 1 packet (40g) | 1 packet (80g) |
| ranch dressing | 1 packet | 2 packets |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

**Pantry Items* ***Custom Recipe Ingredient*

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 3066kJ (733Cal) | 775kJ (185Cal) |
| Protein (g) | 24.5g | 6.2g |
| Fat, total (g) | 33.3g | 8.4g |
| - saturated (g) | 12.6g | 3.2g |
| Carbohydrate (g) | 75.9g | 19.2g |
| - sugars (g) | 9.5g | 2.4g |
| Sodium (mg) | 1517mg | 384mg |

### Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 3514kJ (840Cal) | 763kJ (182Cal) |
| Protein (g) | 43.4g | 9.4g |
| Fat, total (g) | 38.6g | 8.4g |
| - saturated (g) | 14.2g | 3.1g |
| Carbohydrate (g) | 75.9g | 16.5g |
| - sugars (g) | 9.5g | 2.1g |
| Sodium (mg) | 956mg | 208mg |

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

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### 1



### 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!*

### 2



### Get prepped

- Meanwhile, roughly chop **baby spinach leaves**.
- 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.*

### 3



### Flavour the prawns

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

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine chicken with spice blend as above.

### 4



### Cook the prawns

- When the rice has **5 minutes** remaining, return frying pan to medium-high 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:** In a large frying pan, heat the butter with a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

### 5



### Make the slaw

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

### 6



### Serve up

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

### Rate your recipe

We need your expertise!
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