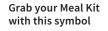


Sweet Chilli Prawn Stir-Fry

with Veggies & Garlic Rice

NEW















Zucchini

Carrot



Green Beans Oyster Sauce





Sweet Chilli

Ginger Paste



Prawns

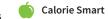


Crispy Shallots



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

Eat Me First



Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of sweet chilli flavours, your prawns will easily become the star of tonight's dinner show.



Olive Oil, Butter, Soy Sauce

Pantry items

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
basmati rice	1 medium packet	1 large packet		
water* (for the rice)	1¼ cups	2½ cups		
carrot	1	2		
zucchini	1	2		
green beans	1 small bag	1 medium bag		
oyster sauce	1 medium packet	1 large packet		
sweet chilli sauce	1 small packet	1 medium packet		
soy sauce*	½ tbs	1 tbs		
water* (for the sauce)	2 tbs	¼ cup		
ginger paste	1 medium packet	1 large packet		
prawns	1 packet (200g)	2 packets (400g)		
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)	2276kJ (544Cal)	496kJ (119Cal)
Protein (g)	23.9g	5.2g
Fat, total (g)	15.3g	3.3g
- saturated (g)	7.7g	1.7g
Carbohydrate (g)	83.6g	18.2g
- sugars (g)	18.2g	4g
Sodium (mg)	2254mg	491mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2557kJ (611Cal)	458kJ (109Cal)
Protein (g)	37.9g	6.8g
Fat, total (g)	16.3g	2.9g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	83.6g	15g
- sugars (g)	18.2g	3.3g
Sodium (mg)	2912mg	521mg

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, heat the butter with a dash of olive oil over medium heat.
- Cook garlic, until fragrant, 1-2 minutes. Add basmati rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Get prepped

- While the rice is cooking, thinly cut **carrot** and **zucchini** into half-moons.
- Trim and halve green beans.



Make the sauce

 In a medium bowl, combine oyster sauce, sweet chilli sauce, the soy sauce and the water (for the sauce). Set aside.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Stir-fry carrot, zucchini and green beans, tossing, until tender, 3-4 minutes.
- Add ginger paste and cook until fragrant,
 1 minute.
- Transfer to a bowl and cover to keep warm.



Cook the prawns

- Return 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.
- Return the veggies to the pan, add sweet chilli mixture and toss until thickened, 1-2 minutes.

Custom Recipe: If you've doubled your prawns, cook in batches for the best results, returning all prawns to the pan before adding the sweet chilli mixture as above.



Serve up

- Divide garlic rice between bowls.
- Top with sweet chilli prawn stir-fry.
- Sprinkle over **crispy shallots** to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

