



Sweet Chilli Prawn Stir-Fry

with Veggies & Garlic Rice

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Zucchini



Green Beans



Oyster Sauce



Sweet Chilli Sauce



Ginger Paste



Prawns



Crispy Shallots



Prawns

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

Calorie Smart

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.

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
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

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
3. 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.
4. Reduce heat to low and cover with a lid.
5. 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!



Cook the veggies

1. 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**.
2. Add **ginger paste** and cook until fragrant, **1 minute**.
3. Transfer to a bowl and cover to keep warm.



Get prepped

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



Cook the prawns

1. 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**.
2. 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.



Make the sauce

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



Serve up

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

Rate your recipe

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