



Quick Sweet Chilli Prawn Stir-Fry

with Easy-Prep Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Green Beans



Oyster Sauce



Sweet Chilli Sauce



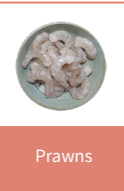
Carrot & Zucchini Mix



Ginger Paste



Prawns



Prawns

Recipe Update

Due to recent sourcing challenges, we've replaced some ingredients, which may be a little different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **15-25 mins**
Ready in: **25-35 mins**

Calorie Smart*
**Custom Recipe is not 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
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
green beans	1 small bag	1 medium bag
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	2 tsp	1 tbs
water* (for the sauce)	3 tbs	6 tbs
carrot & zucchini mix	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2437kJ (582Cal)	509kJ (122Cal)
Protein (g)	23.3g	4.9g
Fat, total (g)	11.7g	2.4g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	88.7g	18.5g
- sugars (g)	24.1g	5g
Sodium (mg)	2486mg	520mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (639Cal)	463kJ (110Cal)
Protein (g)	37.5g	6.5g
Fat, total (g)	13.2g	2.3g
- saturated (g)	6g	1g
Carbohydrate (g)	88.7g	15.3g
- sugars (g)	24.1g	4.2g
Sodium (mg)	3150mg	545mg

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



1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** 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!

3



Cook the prawns & bring it all together

- 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 prawns for 5-6 minutes.

2



Cook the veggies

- While the rice is cooking, trim **green beans** and cut in half.
- In a medium bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce** and the **water (for the sauce)**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **carrot & zucchini mix** and **green beans** until tender, **3-4 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide rice between bowls.
- Top with sweet chilli prawn stir-fry to serve. Enjoy!

Rate your recipe

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