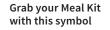


Sesame Honey Prawns & Veggies

with Garlic Rice

TAKEAWAY FAVES















Green Beans

Carrot



Long Chilli

(Optional)



Oyster Sauce



Sesame Oil

Blend

Prawns



Sesame Seeds





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

Eat Me First



In this perfectly sweet and savoury dish, a dusting of cornflour on the prawns before they go into the pan is key; it ensures the prawns retain their juiciness, all while getting a lovely crisp coating on the exterior



Pantry items Olive Oil, Butter, Honey

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

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	10g	20g	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
carrot	1	2	
green beans	1 small bag	1 medium bag	
long chilli ∮ (optional)	1/2	1	
prawns	1 packet (200g)	2 packets (400g)	
oyster sauce	1 medium packet	1 large packet	
sesame oil blend	1 packet	2 packets	
honey*	1 tbs	2 tbs	
water* (for the sauce)	1tbs	2tbs	
sesame seeds	1 medium packet	1 large packet	
cornflour	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)	2518kJ (602Cal)	720kJ (172Cal)
Protein (g)	22.9g	6.6g
Fat, total (g)	15.3g	4.4g
- saturated (g)	4.1g	1.2g
Carbohydrate (g)	89.7g	25.7g
- sugars (g)	15.7g	4.5g
Sodium (mg)	1883mg	539mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2793kJ (668Cal)	621kJ (148Cal)
Protein (g)	36.9g	8.2g
Fat, total (g)	16.3g	3.6g
- saturated (g)	4.3g	1g
Carbohydrate (g)	89.7g	20g
- sugars (g)	15.7g	3.5g
Sodium (mg)	2539mg	565mg

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 half the garlic until fragrant, 1-2 minutes. Add the water and a generous pinch of salt and 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 and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



Get prepped

- While the rice is cooking, thinly slice carrot into half-moons. Trim green beans. Thinly slice long chilli (if using).
- Pat **prawns** dry with paper towel.
- In a small bowl, combine oyster sauce, sesame oil blend, the honey, the water (for the sauce) and half the sesame seeds. Set aside.
- In a medium bowl, combine cornflour and **prawns**, tossing to coat.

Custom Recipe: If you've doubled your prawns, coat prawns as above.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook carrot and green beans, tossing, until tender, 5-6 minutes.
- · Add remaining garlic and cook until fragrant, 1 minute. Transfer to a bowl.



Cook the prawns

- · Return frying pan to medium-high heat with a generous drizzle of olive oil.
- Shake excess flour off prawns, then cook, tossing, until pink and starting to curl up, 3-4 minutes.

Custom Recipe: Cook prawns, tossing, until pink and starting to curl up, 5-6 minutes.



Bring it all together

- Return veggies to the pan with the prawns.
- Add sauce mixture and cook, tossing, until combined, 1 minute. Remove from heat.



Serve up

- Divide garlic rice between bowls. Top with sesame honey prawns and veggies.
- Sprinkle over remaining sesame seeds. Garnish with **chilli** to serve. Enjoy!



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