

Sesame Honey Prawns & Easy-Prep Veggies

with Garlic Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Long Chilli (Optional)



Prawns



Cornflour



Oyster Sauce



Sesame Oil Blend



Sesame Seeds



Carrot & Zucchini Mix



Prawns

Prep in: 10-20 mins
Ready in: 30-40 mins



Calorie Smart*
**Custom recipe is not Calorie Smart*



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

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	10g	20g
garlic paste	1 packet	2 packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
prawns	1 packet (200g)	2 packets (400g)
cornflour	1 packet	1 packet
oyster sauce	1 medium packet	1 large packet
sesame oil blend	1 packet	2 packets
honey*	1½ tbs	3 tbs
sesame seeds	1 medium packet	1 large packet
carrot & zucchini mix	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)	2719kJ (650Cal)	638kJ (152Cal)
Protein (g)	23.9g	5.6g
Fat, total (g)	15.7g	3.7g
- saturated (g)	4.1g	1g
Carbohydrate (g)	94.8g	22.2g
- sugars (g)	20.2g	4.7g
Sodium (mg)	1954mg	458mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3043kJ (727Cal)	578kJ (138Cal)
Protein (g)	37.7g	7.2g
Fat, total (g)	16.2g	3.1g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	94.8g	18g
- sugars (g)	20.2g	3.8g
Sodium (mg)	2606mg	495mg

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 half the **garlic paste** 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!

3



Cook the veggies and prawns

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot & zucchini mix**, tossing, until tender, **5-6 minutes**. Add remaining **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Shake off excess flour from prawns, then cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- To the pan with prawns, return **veggies** and add **sauce mixture**. Cook, tossing, until combined, **1 minute**.

Custom Recipe: Cook prawns in batches for best results.

2



Get prepped

- While the rice is cooking, thinly slice **long chilli** (if using).
- Pat **prawns** dry with paper towel. In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.
- In a small bowl, combine **oyster sauce**, **sesame oil blend**, the **honey** and half the **sesame seeds**. Set aside.

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

4



Serve up

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

Rate your recipe

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