

Sesame Honey Prawns & Veggies

with Garlic Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Long Chilli (Optional)



Prawns



Oyster Sauce



Sesame Oil Blend



Sesame Seeds



Cornflour



Prawns

Prep in: 20-30 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
garlic	3 cloves	6 cloves
butter*	10g	20g
water* (for the rice)	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)	½	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)	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
cornflour	1 packet	1 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

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
3. Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
4. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
5. Cook for **12 minutes**, then remove from the heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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



Cook the prawns

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

Custom Recipe: If you've doubled your prawns, cook in batches for the best results.



Get prepped

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



Bring it all together

1. To pan with prawns, return **veggies**.
2. Add **sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.

Custom Recipe: Return all prawns to the pan before adding the sauce mixture as above.



Cook the veggies

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



Serve up

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

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