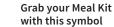


Sesame Honey Prawns & Veggies with Garlic Rice & Fresh Chilli

TAKEAWAY FAVES













Long Chilli (Optional)

Oyster Sauce





Sesame Oil Blend

Sesame Seeds





Cornflour

Broccoli & Carrot



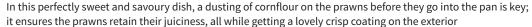
Prawns



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First







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 calcino				
	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		
long chilli ∮ (optional)	1/2	1		
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		
broccoli & carrot mix	1 medium bag	1 large bag		
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)	2429kJ (581Cal)	754kJ (180Cal)
Protein (g)	22.3g	6.9g
Fat, total (g)	15.7g	4.9g
- saturated (g)	4.2g	1.3g
Carbohydrate (g)	85g	26.4g
- sugars (g)	13.9g	4.3g
Sodium (mg)	1880mg	584mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2703kJ (646Cal)	641kJ (153Cal)
Protein (g)	36.3g	8.6g
Fat, total (g)	16.7g	4g
- saturated (g)	4.3g	1g
Carbohydrate (g)	85g	20.1g
- sugars (g)	13.9g	3.3g
Sodium (mg)	2537mg	601mg

The quantities provided above are averages only.

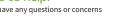
Allergens

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 (for the rice) 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 the rice is tender and the water is absorbed, 12 minutes.

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



Cook the veggies & prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook broccoli & carrot mix, tossing, until tender, 5-6 minutes.
- Add remaining garlic 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 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 prawns in batches for the best results.



Get prepped

- Thinly slice long chilli (if using).
- In a small bowl, combine oyster sauce, sesame oil blend, the honey, the water (for the sauce) and half the sesame seeds. Set aside.
- Pat prawns dry with paper towel. In a medium bowl combine cornflour and prawns, tossing to coat.



Serve up

- Return veggies to the pan with the prawns.
- Add sauce mixture and cook, tossing, until combined, 1 minute. Remove from heat.
- Divide garlic rice between bowls. Top with sesame honey prawns and veggies.
- Sprinkle over remaining sesame seeds. Garnish with **chilli** to serve. Enjoy!

Rate your recipe

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