



Sesame Honey Prawns & Veggies

with Garlic Rice & Fresh Chilli

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Long Chilli (Optional)



Oyster Sauce



Sesame Oil Blend



Sesame Seeds



Cornflour



Broccoli & Carrot Mix



Prawns



Prawns

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

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
long chilli 🌶️ (optional)	½	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



1



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!

3



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.

2



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.

4



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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