



Sichuan Garlic Prawn Bao Buns

with Creamy Slaw & Coriander

Grab your Meal Kit with this symbol



Cucumber



Lime



Long Chilli (Optional)



Prawns



Sichuan Garlic Paste



Slaw Mix



Baby Spinach Leaves



Coconut Sweet Chilli Mayonnaise



Gua Bao Bun



Coriander

Prep in: **15 mins**
Ready in: **20 mins**

Stuff these pillowy buns with a creamy slaw, Sichuan prawns and some chilli for an extra kick. Here you'll have the perfect little pouches for the perfect bite (or three).

Pantry items

Olive Oil

SCO



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
lime	½
long chilli 🌶️ (optional)	½
prawns	1 packet (200g)
Sichuan garlic paste	1 packet
slaw mix	1 small bag
baby spinach leaves	1 small bag
coconut sweet chilli mayonnaise	1 packet (50g)
gua bao bun	1 packet
coriander	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	589kJ (141Cal)
Protein (g)	24.1g	4.9g
Fat, total (g)	22.2g	4.5g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	80.6g	16.3g
- sugars (g)	28.1g	5.7g
Sodium (mg)	1569mg	317mg

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](https://www.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



Get prepped

- Slice **cucumber** into thin rounds.
- Cut **lime** into wedges.
- Thinly slice **long chilli** (if using).

3



Assemble the slaw & steam the buns

- Meanwhile, in a large bowl, combine **cucumber**, **slaw mix**, **baby spinach leaves**, **coconut sweet chilli mayonnaise** and a good squeeze of **lime** juice. Season.
- Place **gua bao buns** on a plate with a small splash of water (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high, **1 minute**. Set aside to slightly cool, **1 minute**.

2



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat and add **Sichuan garlic paste**, tossing, until coated.

4



Serve up

- Uncover baos, then gently halve the buns and fill with creamy slaw and Sichuan garlic prawns.
- Top with **chilli**. Tear over **coriander** to serve. Enjoy!

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