



# Easy Sesame Honey Prawns & Veggies

with Rice & Chilli

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Long Chilli (Optional)



Peeled Prawns



Oyster Sauce



Sesame Seeds



Cornflour



Broccoli & Carrot Mix



Garlic Paste



Peeled 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, 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
peeled prawns	1 packet (200g)	2 packets (400g)
oyster sauce	1 large packet	2 large packets
<b>honey*</b>	2 tbs	¼ cup
sesame seeds	1 medium packet	1 large packet
cornflour	1 medium sachet	1 large sachet
broccoli & carrot mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
peeled prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2277kJ (544Cal)	675kJ (161Cal)
Protein (g)	23.5g	7g
Fat, total (g)	4.9g	1.5g
- saturated (g)	0.6g	0.2g
Carbohydrate (g)	97.3g	28.8g
- sugars (g)	20.6g	6.1g
Sodium (mg)	3094mg	917mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2551kJ (610Cal)	583kJ (139Cal)
Protein (g)	37.5g	8.6g
Fat, total (g)	5.9g	1.3g
- saturated (g)	0.7g	0.2g
Carbohydrate (g)	97.3g	22.2g
- sugars (g)	20.6g	4.7g
Sodium (mg)	3751mg	857mg

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://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 & get prepped

- To a medium saucepan, add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from the heat and keep covered until the rice is tender and the water is absorbed, **12 minutes**.
- Meanwhile, thinly slice **long chilli** (if using). Pat **peeled prawns** dry with paper towel.
- In a small bowl, combine **oyster sauce**, the **honey**, half the **sesame seeds** and a splash of **water**. Set aside.
- In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.

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

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



## 3 Cook the prawns

- 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**.
- Return **veggies** to the pan.
- Add **sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.

**Custom Recipe:** Cook prawns in batches for best results.



## 2 Cook the veggies

- 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 **garlic paste** and cook until fragrant, **1 minute**.
- Transfer to a bowl.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## 4 Serve up

- 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

Did we make your tastebuds happy?

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