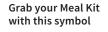


Quick Chilli-Ginger Prawn Bowl with Sesame Pear Slaw & Crushed Peanuts

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR









Long Chilli (Optional)



Peeled Prawns







Shredded Cabbage



Sesame Dressing

Crushed Peanuts



Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me First



With its rich flavour and melt-in-your-mouth texture, prawns stand up beautifully to our chilli-ginger concoction. Sear it in the pan for a lovely char and some crispy action and serve on a sweet and crunchy Japanese pear slaw (which is totally tasty and guilt-free, all the while keeping the carbs in check).



Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli ∮ (optional)	1	2
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
peeled prawns	1 packet (200g)	2 packets (400g)
pear	1	2
carrot	1	2
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
sesame dressing	1 large packet	2 large packets
crushed peanuts	1 medium packet	1 large packet
peeled prawns**	1 packet (200g)	2 packets (400g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1386kJ (331Cal)	393kJ (94Cal)
Protein (g)	19.8g	5.6g
Fat, total (g)	19.7g	5.6g
- saturated (g)	2.2g	0.6g
Carbohydrate (g)	17.1g	4.8g
- sugars (g)	15.5g	4.4g
Sodium (mg)	1332mg	377mg
Dietary Fibre (g)	9g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1660kJ (397Cal)	367kJ (88Cal)
Protein (g)	33.8g	7.5g
Fat, total (g)	20.7g	4.6g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	17.1g	3.8g
- sugars (g)	15.5g	3.4g
Sodium (mg)	1989mg	439mg
Dietary Fibre	9g	2g

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





Make the glaze

- Finely chop garlic.
- Thinly slice long chilli (if using).
- In a small bowl, combine garlic, ginger paste, half the long chilli, the brown sugar, soy sauce and vinegar.



Assemble the slaw

- · Meanwhile, thinly slice pear into wedges.
- Grate carrot.
- In a large bowl, combine shredded cabbage mix, carrot, pear, baby spinach leaves, sesame dressing and a drizzle of olive oil. Season.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook peeled prawns, tossing, until pink and starting to curl up,
 3-4 minutes.
- Add chilli-ginger mixture and cook, until fragrant, 1 minute.

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for the best results, returning all prawns to the pan before adding the chilli ginger mixture.



Serve up

- · Divide sesame slaw between bowls.
- Top with chilli-ginger prawns and remaining long chilli.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate