

# Quick Chilli-Ginger Prawn Bowl

with Sesame Pear Slaw & Crushed Peanuts

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Long Chilli (Optional)



Ginger Paste



Peeled Prawns



Pear



Carrot



Shredded Cabbage Mix



Baby Spinach Leaves



Sesame Dressing





Crushed Peanuts



Peeled Prawns

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

 Carb Smart

 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).

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli  (optional)	1	2
ginger paste	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tsp	1 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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 (g)	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](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



## 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!

## Rate your recipe

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