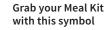


Quick Chilli-Ginger Prawn Bowl with Sesame Pear Slaw & Crushed Peanuts

CLIMATE SUPERSTAR









Long Chilli (Optional)





Ginger Paste

Peeled Prawns







Shredded Cabbage





Sesame Dressing





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

9				
	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	2 packets		
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	2 packets		

^{*}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
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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!