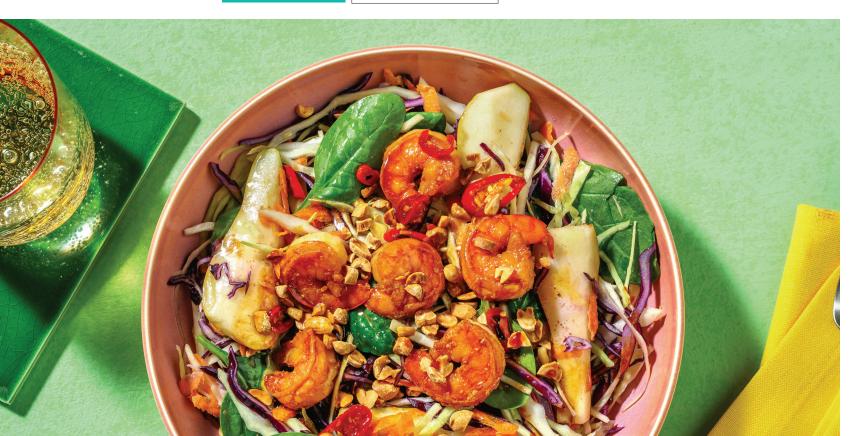
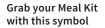


Chilli-Ginger Prawn Bowl with Sesame Pear Slaw & Crushed Peanuts

SUMMER SALADS

CLIMATE SUPERSTAR











Long Chilli (Optional)





Peeled Prawns







Baby Spinach

Carrot

Shredded Cabbage



Sesame Dressing



Crushed Peanuts



Pantry items

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

Eat Me First



We're in our light and bright era this Summer, so only a salad will do. With its rich flavour and melt-in-your-mouth texture, prawns stand up beautifully to our chilli-ginger concoction. With our shredded cabbage doing the most, you'll have a slaw bowl fit for a sunny Sunday evening in no time.



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	2 medium packets	4 medium packets		
crushed peanuts	1 medium packet	1 large packet		
peeled prawns**	1 packet	2 packets		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	865kJ (207Cal)	272kJ (65Cal)
Protein (g)	18.9g	5.9g
Fat, total (g)	7.5g	2.4g
- saturated (g)	1.4g	0.4g
Carbohydrate (g)	15.1g	4.7g
- sugars (g)	13.5g	4.2g
Sodium (mg)	892mg	281mg
Dietary Fibre (g)	10.2g	2.9g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1125kJ (269Cal)	272kJ (65Cal)
Protein (g)	32.2g	7.8g
Fat, total (g)	8.4g	2g
- saturated (g)	1.9g	0.5g
Carbohydrate (g)	16.1g	3.9g
- sugars (g)	14.4g	3.5g
Sodium (mg)	1516mg	367mg
Dietary Fibre	11.2g	2.5g

The quantities provided above are averages only.

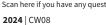
Allergens

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