



Sesame & Chilli Oil Prawn Baos

with Apple Salad & Lime-Pepper Wedges

BAO BONANZA

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Apple



Lime



Mint



Garlic



Sesame Oil Blend



Chilli Flakes (Optional)



Peeled Prawns



Gua Bao Bun



Mixed Salad Leaves



Chicken Salt



Garlic Aioli

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me First

Extra, extra, read all about it! Our Bao series has hit the ground running with a stacked line-up of delectable flavour combinations. Tonight, dive into sesame and chilli-oil prawns for a protein with a kick and lime and pepper wedges that will leave you coming back for more!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
apple	1	2
lime	1	2
mint	1 bag	1 bag
garlic	1 clove	2 cloves
sesame oil blend	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
peeled prawns	1 packet	2 packets
gua bao bun	6	12
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
chicken salt	1 sachet	2 sachets
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3322kJ (794Cal)	551kJ (132Cal)
Protein (g)	26.9g	4.5g
Fat, total (g)	26.8g	4.4g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	94.9g	15.7g
- sugars (g)	25.4g	4.2g
Sodium (mg)	1664mg	276mg

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



1



Bake the potato wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season generously with **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

4



Heat the bao buns

- While prawns are cooking, place **gua bao buns** on a plate with a small splash of **water** (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high for **1 minute**.
- Set aside for **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **apple**.
- Zest **lime** to get a generous pinch, then cut into wedges.
- Roughly chop **mint**.
- Finely chop **garlic**.
- In a small bowl, combine **sesame oil blend**, the **soy sauce**, a pinch of **chilli flakes** (if using) and **garlic**.

5



Toss the mint salad

- In a large bowl, combine **mixed salad leaves**, **apple** and a drizzle of **vinegar** and **olive oil**.
- Season to taste.

3



Cook the prawns

- When wedges have **10 minutes** remaining, in a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Add **sesame oil mixture**, tossing to coat, until fragrant, **30 seconds-1 minute**.
- Remove from heat, add a generous squeeze of **lime juice**, tossing to coat.

6



Serve up

- To tray with fries, sprinkle with **chicken salt** and add lime zest, tossing to coat.
- Uncover bao buns, then gently halve the buns and evenly spread with **garlic aioli**.
- Fill bao buns with prawns, mint and some apple salad.
- Serve with lime-pepper wedges and any remaining apple salad and lime wedges. Enjoy!

Rate your recipe

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