

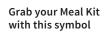
Sesame & Chilli Oil Prawn Baos

with Apple Salad & Lime-Pepper Wedges

BAO BONANZA

NEW

CLIMATE SUPERSTAR









Potato







Lime





Garlic





Chilli Flakes



(Optional)

Peeled Prawns





Gua Bao Bun





Chicken Salt

Garlic Aioli

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



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 \cdot Large frying pan

Ingredients

ingi edients			
	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		
	I medium packet	I 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.



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.



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.



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.



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.



Toss the mint salad

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



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!

