

Sweet Chilli Mayo Prawn Bao Buns

with Sweet Potato Fries & Japanese Radish Salad

BAO BONANZA

NEW



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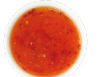
Sweet Potato



Cucumber



Red Radish



Sweet Chilli Sauce



Mayonnaise



Peeled Prawns



Garlic Paste



Cornflour



Gua Bao Buns



Mixed Salad Leaves



Japanese Style Dressing



Everything Garnish



Pickled Ginger

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me First

These bao buns may be small but they're packed with huge flavour! Enjoy fluffy bao buns stuffed full of succulent prawns and a refreshingly crunchy salad, plus a drizzle of creamy mayo with a spike of sweet chilli heat.

Pantry items

Olive Oil

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
sweet potato	2	4
cucumber	1	2
red radish	2	4
sweet chilli sauce	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
garlic paste	1 medium packet	2 medium packets
cornflour	1 medium sachet	1 large sachet
gua bao buns	6	12
mixed salad leaves	1 small packet	1 medium packet
Japanese style dressing	1 medium packet	2 medium packets
everything garnish	½ sachet	1 sachet
pickled ginger	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (808Cal)	543kJ (130Cal)
Protein (g)	27.6g	4.4g
Fat, total (g)	22.4g	3.6g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	109.5g	17.6g
- sugars (g)	31.2g	5g
Sodium (mg)	1731mg	278mg

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.

1



Bake the sweet potato fries

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

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

2



Get prepped

- Meanwhile, thinly slice **cucumber** and **red radish** into rounds.
- In a small bowl, combine **sweet chilli sauce** and **mayonnaise**.
- Pat **peeled prawns** dry with a paper towel. In a medium bowl, combine **prawns**, **garlic paste** and a drizzle of **olive oil**.

3



Fry the prawns

- When fries have **10 minutes** remaining, add **cornflour** to the bowl with **prawns**, toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **prawns**, tossing, until golden and cooked through, **3-4 minutes**.
- Transfer to a paper towel-lined plate. Season with **salt**.

4



Heat the buns

- 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**.

5



Toss the salad & season fries

- In a large bowl, combine **cucumber**, **red radish**, **mixed salad leaves** and **Japanese style dressing**.
- Sprinkle **everything garnish** (see ingredients) over the tray with sweet potato fries and toss to combine.

6



Serve up

- Uncover baos, gently open buns then fill with some Japanese radish salad and prawns. Drizzle over some sweet chilli mayo.
- Top with **pickled ginger**.
- Bring everything to the table. Serve baos with sweet potato fries, remaining salad and remaining sweet chilli mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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