



Garlic Prawn Bao Buns

with Creamy Slaw & Coriander

Grab your Meal Kit with this symbol



Cucumber



Peeled Prawns



Garlic Stir-Fry Sauce



Slaw Mix



Coconut Sweet Chilli Mayonnaise



Gua Bao Bun



Coriander

Prep in: **15 mins**
Ready in: **20 mins**

Stuff these pillowy bao buns with a creamy slaw and garlic prawns. Here you'll have the perfect little pouches for the perfect bite (or three).

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
peeled prawns	1 packet
garlic stir-fry sauce	1 medium packet
slaw mix	1 small packet
coconut sweet chilli mayonnaise	1 medium packet
white wine vinegar*	drizzle
gua bao bun	6
coriander	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	589kJ (141Cal)
Protein (g)	24.1g	4.9g
Fat, total (g)	22.2g	4.5g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	80.6g	16.3g
- sugars (g)	28.1g	5.7g
Sodium (mg)	1569mg	317mg

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



Get prepped

- Slice **cucumber** into thin rounds.

2



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**.
- Remove pan from heat and add **garlic stir-fry sauce**, tossing until coated.

3



Assemble the slaw & steam the buns

- Meanwhile, in a large bowl, combine **cucumber**, **slaw mix**, **coconut sweet chilli mayonnaise** and a drizzle of **white wine vinegar**.
- 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, **1 minute**. Set aside to slightly cool, **1 minute**.

4



Serve up

- Uncover baos, then gently halve the buns and fill with creamy slaw and garlic prawns.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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