

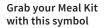
Sesame & Chilli Oil Prawn Bao Buns

with Apple Salad & Lime-Pepper Potato Wedges

BAO BONANZA

CLIMATE SUPERSTAR



















Chilli Flakes (Optional)



Leaves

Sesame Oil

Peeled Prawns



Gua Bao







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 packet	1 packet
garlic	1 clove	2 cloves
sesame oil blend	1 medium packet	2 medium 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 packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Per Serving	Per 100g
3319kJ (793Cal)	551kJ (132Cal)
26.9g	4.5g
26.8g	4.4g
2.9g	0.5g
95g	15.8g
25.4g	4.2g
1670mg	277mg
10.6g	1.8g
	3319kJ (793Cal) 26.9g 26.8g 2.9g 95g 25.4g 1670mg

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, 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 microwave-safe plate and cover with a damp paper towel.
- Microwave on high for 1 minute. Set aside to rest for 1 minute.



Toss the mint salad

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



Serve up

- To tray with fries, sprinkle with 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 potato wedges and any remaining apple salad and lime wedges. Enjoy!

