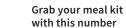


Chilli-Ginger Prawn & Apple Slaw Bowl with Sesame Dressing & Crushed Peanuts

CLIMATE SUPERSTAR













Ginger Paste

Peeled Prawns









Shredded Cabbage

Baby Spinach





Crushed Peanuts

Sesame Dressing





Recipe Update We've replaced the pear in this recipe with apple due to local ingredient availability. It'll be just as delicious, just follow your

recipe card!

Prep in: 15-25 mins Ready in: 15-25 mins



We're in our light and bright era, so only a salad will do. With its rich flavour and melt-in-your-mouth texture, prawns stand up beautifully to our chilli-ginger concoction. With our shredded cabbage doing the most, you'll have a slaw bowl fit as your delightful dinner in no time.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli ∮ (optional)	1	2
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
peeled prawns	1 packet	2 packets
apple	1	2
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1564kJ (374Cal)	443kJ (106Cal)
Protein (g)	19.2g	5.4g
Fat, total (g)	24.7g	7g
- saturated (g)	3.1g	0.9g
Carbohydrate (g)	18.1g	5.1g
- sugars (g)	16.4g	4.6g
Sodium (mg)	1337mg	379mg
Dietary Fibre (g)	10.2g	2.9g

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.



Make the glaze

- · Finely chop garlic.
- Thinly slice long chilli (if using).
- In a small bowl, combine garlic, ginger paste, half the long chilli, the brown sugar, soy sauce and vinegar.



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.
- Add chilli-ginger mixture and cook until fragrant, 1 minute.



Assemble the slaw

- Meanwhile, thinly slice **apple** into thin wedges.
- Grate carrot.
- In a large bowl, combine shredded cabbage mix, carrot, apple, baby spinach leaves, sesame dressing and a drizzle of olive oil. Season.



Serve up

- Divide sesame apple slaw between bowls.
- Top with chilli-ginger prawns and remaining long chilli.
- Sprinkle over **crushed peanuts** to serve. Enjoy!



each side.

