

CLIMATE SUPERSTAR











Long Chilli (Optional)



Ginger Paste







Peeled Prawns

Apple/Pear



Shredded Cabbage



Baby Spinach



Sesame Dressing



Crushed Peanuts





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

Eat Me Early



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/pear	1	2
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
sesame dressing	1 medium packet	2 medium packets
crushed peanuts	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1557kJ (372Cal)	441kJ (105Cal)
Protein (g)	19.2g	5.4g
Fat, total (g)	24.7g	7g
- saturated (g)	3.2g	0.9g
Carbohydrate (g)	18.1g	5.1g
- sugars (g)	16.4g	4.6g
Sodium (mg)	1336mg	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.



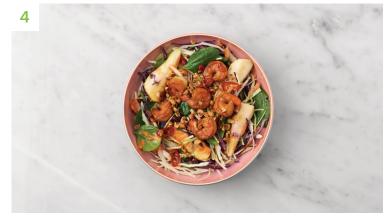
Cook the prawns

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



Serve up

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



