

# Chilli-Ginger Prawn & Slaw Bowl

with Sesame Dressing & Crushed Peanuts

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Garlic



Long Chilli (Optional)



Ginger Paste



Peeled Prawns



Apple/Pear



Carrot



Shredded Cabbage Mix



Baby Spinach Leaves



Sesame Dressing



Crushed Peanuts



Peeled Prawns



Barramundi

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

 Calorie Reduced

 Eat Me Early

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 ready to dive into 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli  (optional)	1	2
ginger paste	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tsp	1 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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](https://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**.



## 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.



## 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**.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO BARRAMUNDI

Cook until just cooked through, 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

