

Nourishing Prawn & Sesame Avocado Poke Bowl

with Pickled Ginger & Sriracha Drizzle

GOLD MEDAL MEALS

Grab your meal kit
with this number

32



White Rice



Cucumber



Radish



Avocado



Mixed Sesame
Seeds



Peeled Prawns



Garlic Paste



Japanese Style
Dressing



Sesame Dressing



Sriracha



Pickled Ginger

Prep in: 10-20 mins
Ready in: 30-40 mins

 Eat Me Early

This vibrant bowl is packed with colour and crunch thanks to a tantalising combo of creamy avocado, seared prawns, fluffy rice and zingy ginger. Add a generous drizzle of sesame dressing plus a kick of heat from sriracha for a meal fit for a champion!

Pantry items

Olive Oil, Honey, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
cucumber	1	2
radish	2	4
avocado	1	2
mixed sesame seeds	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
garlic paste	1 packet	2 packets
honey*	½ tbs	1 tbs
Japanese style dressing	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
sesame dressing	1 medium packet	2 medium packets
sriracha	1 packet	2 packets
pickled ginger	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2894kJ (692Cal)	662kJ (158Cal)
Protein (g)	23g	5.3g
Fat, total (g)	33.4g	7.6g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	74g	16.9g
- sugars (g)	11.6g	2.7g
Sodium (mg)	1349mg	309mg
Dietary Fibre (g)	26.4g	6g

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



Cook the rice

- Rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **white rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



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**.
- Reduce heat to medium, add **garlic paste** and cook, until fragrant, **1 minute**.
- Remove from heat and add the **honey**, tossing to coat.
- While prawns are cooking, in a medium bowl, combine cucumber, radish and **Japanese style dressing**.
- To rice, stir in the **vinegar** and a pinch of **sugar**, until coated.

2



Get prepped

- When rice has **10 minutes** remaining, thinly slice **cucumber** and **radish** into rounds.
- Slice **avocado** in half, scoop out flesh and thinly slice. Sprinkle avocado with **mixed sesame seeds** (reserving the excess for garnish).

4



Serve up

- Divide rice, prawns, sesame avocado and dressed veggies between bowls. Spoon over any remaining glaze from pan.
- **SPICY!** Use less sriracha if you're sensitive to heat! Drizzle over **sesame dressing** and **sriracha**.
- Sprinkle over remaining sesame seeds and top with **pickled ginger** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW30

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