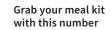


# Nourishing Prawn & Sesame Avocado Poke Bowl with Pickled Ginger & Sriracha Drizzle

GOLD MEDAL MEALS











Cucumber



Radish



Mixed Sesame Seeds

Peeled Prawns





Garlic Paste

Japanese Style Dressing





Sesame Dressing



Pickled Ginger

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



## 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
* Dantry Itoms		

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.



#### 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!



# 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.



## 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).



# 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!



Scan here if you have any questions or concerns

