

Quick Sesame Honey Prawns & Garlic Veggies

with Jasmine Rice & Chilli

CLIMATE SUPERSTAR

Grab your meal kit
with this number

31



Jasmine Rice



Long Chilli
(Optional)



Peeled Prawns



Oyster Sauce



Sesame Seeds



Cornflour



Broccoli & Carrot
Mix



Garlic Paste



Peeled
Prawns



Chicken
Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

 Calorie Smart

 Eat Me First

In this perfectly sweet and savoury dish, a dusting of cornflour on the prawns before they go into the pan is key; it ensures the prawns retain their juiciness, all while getting a lovely crisp coating on the exterior.

Pantry items

Olive Oil, Honey

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
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
long chilli (optional)	½	1
peeled prawns	1 packet	2 packets
oyster sauce	1 large packet	2 large packets
honey*	2 tbs	¼ cup
sesame seeds	1 medium sachet	1 large sachet
cornflour	1 medium sachet	1 large sachet
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586cal)	365kJ (87cal)
Protein (g)	23.1g	3.4g
Fat, total (g)	11.2g	1.7g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	98g	14.6g
- sugars (g)	22.3g	3.3g
Sodium (mg)	3061mg	455.5mg
Dietary Fibre (g)	21.4g	3.2g

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 & get prepped

- To a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from the heat and keep covered until the rice is tender and the water is absorbed (the rice will finish cooking in its own steam), **10 minutes**.
- Meanwhile, thinly slice **long chilli** (if using). Pat **peeled prawns** dry with paper towel.
- In a small bowl, combine **oyster sauce**, the **honey**, half the **sesame seeds** and a splash of **water**. Set aside.
- In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.



Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Shake off excess flour from prawns, then cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Return **veggies** to the pan. Add **sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix**, tossing, until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Transfer to a bowl.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide jasmine rice between bowls.
- Top with sesame honey prawns and garlic veggies.
- Sprinkle over remaining sesame seeds. Garnish with **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

