

Quick 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



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

 Carb Smart

 Eat Me Early

We're in our light and bright era, so only a salad will do. 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 as your delightful dinner 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli  (optional)	½	1
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
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	2 medium packets	4 medium packets
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1556kJ (372cal)	228kJ (55cal)
Protein (g)	19.2g	2.8g
Fat, total (g)	24.7g	3.6g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	18.5g	2.7g
- sugars (g)	16.6g	2.4g
Sodium (mg)	1335mg	196mg
Dietary Fibre (g)	10.2g	1.5g

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.



Get prepped

- Finely chop **garlic**.
- Thinly slice **long chilli** (see ingredients).
- In a small bowl, combine **garlic, ginger paste, long chilli, the brown sugar, soy sauce** and **vinegar**.



Assemble the slaw

- Meanwhile, thinly slice **pear** into thin wedges.
- Grate **carrot**.
- In a large bowl, combine **shredded cabbage mix, carrot, pear, baby spinach leaves, sesame dressing** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



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.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



DOUBLE PEELED 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.

