

# Japanese-Style Prawn Dumpling Rice Bowl

with Cucumber Slaw & Pickled Ginger

Grab your meal kit with this number

29



Garlic



Jasmine Rice



Baby Spinach Leaves



Cucumber



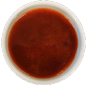
Shredded Cabbage Mix



Prawn & Chive Wontons



Sesame Dressing



Japanese Style Dressing



Pickled Ginger



Crispy Shallots



Prawn & Chive Wontons



Salmon

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

By the time you are done with this one, we can guarantee that each and every bowl will be licked clean. How could they not be, when we've paired sesame-dressed cabbage with tasty prawn and chive wontons on a bed of garlic rice? Delish!

### Pantry items

Olive Oil, Butter, Soy Sauce



## 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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic	2 cloves	4 cloves
<b>water*</b> (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
cucumber	1	2
shredded cabbage mix	1 medium packet	1 large packet
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
<b>soy sauce*</b>	drizzle	drizzle
sesame dressing	2 medium packets	4 medium packets
Japanese style dressing	1 packet	2 packets
pickled ginger	1 packet	2 packets
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3452kJ (825Cal)	781kJ (186Cal)
Protein (g)	21.2g	4.8g
Fat, total (g)	38g	8.6g
- saturated (g)	10.7g	2.4g
Carbohydrate (g)	107.2g	24.2g
- sugars (g)	13.2g	3g
Sodium (mg)	1413mg	320mg
Dietary Fibre (g)	22.9g	5.2g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



1



## Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Finely chop **garlic**.
- Cook **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove 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 dumplings

- When rice has 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **prawn and chive wontons**, until starting to brown, **1-2 minutes**.
- Add the **water (for the wontons)** then cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**. Remove from heat, then add a drizzle of **soy sauce**, turning to coat.

### CUSTOM OPTIONS



#### DOUBLE PRAWN & CHIVE WONTONS

Follow method above, cooking in batches if necessary.



#### SWAP TO SALMON

Pat salmon dry and season both sides. Cook in large frying pan with a drizzle of olive oil, 2-4 minutes each side.

2



## Prep the slaw

- Meanwhile, roughly chop **baby spinach leaves** and **cucumber**.
- In a medium bowl, add **shredded cabbage mix**, **spinach** and **cucumber**.

4



## Finish & serve

- To the bowl with cabbage, add **sesame dressing**. Toss to combine and season to taste.
- Divide rice, prawn dumplings and cucumber slaw between bowls.
- Drizzle over **Japanese style dressing**.
- Top with **pickled ginger** and **crispy shallots** to serve. Enjoy!

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

