

# American-Spiced Prawns & Garlic Rice

with Slaw, Corn Salsa & Ranch Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Sweetcorn



Tomato



All-American  
Spice Blend



Peeled Prawn



Shredded Red  
Cabbage



Mayonnaise



Ranch Dressing



Hands-on: 20-30 mins

Ready in: 30-40 mins



Naturally Gluten-Free

*Not suitable for coeliacs*



Eat Me First

There's something about seafood that screams summer, and this colourful prawn dish is a case in point! Don't forget the ranch dressing - it really ties everything together.

## Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter* (for the rice)	20g	40g
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
white wine vinegar*	drizzle	drizzle
All-American spice blend	1 sachet	2 sachets
peeled prawn	1 packet	2 packets
butter* (for the prawns)	20g	40g
shredded red cabbage	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)
ranch dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2855kJ (682Cal)	658kJ (157Cal)
Protein (g)	23.5g	5.4g
Fat, total (g)	33.1g	7.6g
- saturated (g)	12.6g	2.9g
Carbohydrate (g)	77.1g	17.8g
- sugars (g)	10.4g	17.8g
Sodium (mg)	1501mg	346mg

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.

1



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter (for the rice)** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt**, then bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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

4



## Cook the prawns

When the rice has **5 minutes** remaining, return the frying pan to a medium-high heat. Melt the **butter (for the prawns)** with a dash of **olive oil**. Cook the **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

2



## Make the corn salsa

While the rice is cooking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Cook the **corn kernels** until lightly browned, **4-5 minutes**. Meanwhile, finely chop the **tomato** and transfer to a medium bowl. Transfer the charred **corn** to the bowl with the tomato. Add a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

5



## Make the slaw

While the prawns are cooking, combine the **shredded red cabbage** and **mayonnaise** in a second medium bowl. Season to taste.

3



## Prep the prawns

In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **peeled prawns**, tossing to coat.

6



## Serve up

Divide the garlic rice between bowls. Top with the slaw, American-spiced prawns and corn salsa. Drizzle the **ranch dressing** over the prawns to serve.

Enjoy!

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