



Asian Spiced Prawns

with Honey-Soy Veggies & Garlic Rice

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Green Beans



Carrot



Black Peppercorns



Southeast Asian Spice Blend



Crushed Peanuts



Japanese Dressing



Mayonnaise



Prawns



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

Southeast Asian spice blend is a welcome addition to the juicy, peppercorn-spiked prawns in this dish that delivers top-tier Asian takeaway food vibes. Jasmine rice and crisp green beans are all you need to soak up all this goodness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey, Soy Sauce (or Gluten Free Tamari Soy Sauce), Plain Flour (or Gluten Free Plain Flour)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
green beans	1 medium bag	1 large bag
carrot	1	2
honey*	1 tbs	2 tbs
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs
Japanese dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
black peppercorns	1 medium sachet	1 large sachet
salt*	½ tsp	1 tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
plain flour* (or gluten-free plain flour)	2 tbs	¼ cup
prawns	1 packet (200g)	2 packets (400g)
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3538kJ (846Cal)	776kJ (185Cal)
Protein (g)	28.2g	6.2g
Fat, total (g)	37.6g	8.2g
- saturated (g)	8.8g	1.9g
Carbohydrate (g)	90.4g	19.8g
- sugars (g)	17.9g	3.9g
Sodium (mg)	1952mg	428mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3970kJ (949Cal)	825kJ (197Cal)
Protein (g)	42.8g	8.9g
Fat, total (g)	44.5g	9.2g
- saturated (g)	11.8g	2.5g
Carbohydrate (g)	90.4g	18.8g
- sugars (g)	17.9g	3.7g
Sodium (mg)	1398mg	291mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- Finely chop **garlic**. In a medium saucepan, melt the **butter** over medium heat. Add **garlic** and cook until fragrant, **1 minute**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt** and bring to the boil. Reduce the heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the **water** has absorbed, **10-15 minutes**.

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



Coat the prawns

- Meanwhile, lightly crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium bowl, combine the **salt**, crushed **peppercorns**, **Southeast Asian spice blend** and **plain flour**. Add **prawns** to the **spiced flour mixture**, tossing to coat.

Little cooks: Take the lead and help crush the peppercorns!

Custom Recipe: If you've swapped to beef strips, combine beef strips with spice blend as above.



Get prepped

- While the rice is cooking, trim and halve **green beans**. Cut **carrot** into half-moons.
- In a small bowl, combine the **honey** and **soy sauce**.
- In a second small bowl, combine **Japanese dressing** and **mayonnaise**.

Little cooks: Take charge by combining the sauces!



Cook the prawns

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, pick up the **prawns** using tongs and shake any excess flour back into the bowl. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches (this helps the beef strips stay tender!) until browned and cooked through, 1-2 minutes. Transfer to a plate.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot**, stirring, until softened, **2 minutes**.
- Add **green beans** and **honey-soy mixture** and cook, tossing, until tender, **4-5 minutes**.
- Transfer to a bowl and cover to keep warm.



Serve up

- Divide the garlic rice between bowls.
- Top with the honey-soy veggies and salt and pepper prawns.
- Sprinkle with **crushed peanuts**. Top with the Japanese mayo to serve. Enjoy!

Little cooks: Work your magic and add the finishing touch by sprinkling the peanuts and adding the Japanese mayo!

Rate your recipe

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