



Chilli Ginger Prawns

with Japanese Pear Slaw & Crushed Peanuts

NEW



Grab your Meal Kit with this symbol



Pear



Garlic



Long Chilli (Optional)



Carrot



Ginger Paste



Prawns



Shredded Cabbage Mix



Baby Spinach Leaves



Japanese Style Dressing

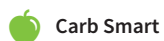


Crushed Peanuts



Prawns

Prep in: 15-25 mins
Ready in: 20-30 mins



Carb Smart

1 Eat Me First

With its rich flavour and melt-in-your-mouth texture, prawns stand up beautifully to our chilli-ginger concoction. Sear it in the pan for a lovely char and some crispy action and serve on a sweet and crunchy Japanese pear slaw (which is totally tasty and guilt-free, all the while keeping the carbs in check).

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

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

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
pear	1	2
garlic	2 cloves	4 cloves
long chilli  (optional)	1	2
carrot	1	2
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
prawns	1 packet (200g)	2 packets (400g)
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
Japanese style dressing	1 packet (30g)	2 packets (60g)
crushed peanuts	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1473kJ (352Cal)	380kJ (91Cal)
Protein (g)	19.8g	5.1g
Fat, total (g)	19.2g	4.9g
- saturated (g)	2.2g	0.6g
Carbohydrate (g)	19.4g	5g
- sugars (g)	17.6g	4.5g
Sodium (mg)	1345mg	347mg
Dietary Fibre (g)	10.1g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1781kJ (426Cal)	365kJ (87Cal)
Protein (g)	33.6g	6.9g
Fat, total (g)	19.7g	4g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	19.4g	4g
- sugars (g)	17.6g	3.6g
Sodium (mg)	1997mg	409mg

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



1



Get prepped

- Thinly slice **pear** into wedges. Finely chop **garlic**. Thinly slice **long chilli** (if using). Grate **carrot**.
- In a small bowl, combine **garlic**, **ginger paste**, half the **long chilli**, the **brown sugar**, **soy sauce** and **vinegar**.

3



Assemble the slaw

- Meanwhile, in a large bowl, combine **shredded cabbage mix**, **carrot**, **pear**, **baby spinach leaves**, **Japanese style dressing** and a drizzle of **olive oil**. Season.

2



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **chilli ginger mixture** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your prawns, cook peeled prawns in batches for the best results, returning all prawns to the pan before adding the chilli ginger mixture.

4



Serve up

- Divide Japanese slaw between bowls.
- Top with chilli ginger prawns and remaining **long chilli**.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

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