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hello@hellofresh.com.au | (02) 8188 8722

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Prawn & Pea Stir-Fry with Zesty Lime

When the Asian stir-fry cravings hit, put down that takeaway menu and reach for this stunner of a recipe! Packed full of flavour, you're going to absolutely love being able to make this classic combination at home yourself. There's no need for hidden ingredients here, just the freshness of sugar snap peas and prawns.



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



high protein



eat me first

Pantry Items



Water



Vegetable Oil



Jasmine Rice



Garlic



Prawns



Coriander



Spring Onions



Sugar Snap Peas



Carrot



Birdseye Chilli



Lime



Oyster Sauce

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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 tsp	1 tbs	vegetable oil *
1 clove	2 cloves	garlic, peeled & crushed ⊕
1 packet	2 packets	prawns, rinsed
½ bunch	1 bunch	coriander, leaves picked & stalks finely chopped ⊕
1 bunch	2 bunches	spring onions, cut into 2 cm lengths 🌿
100 g	200 g	sugar snap peas, trimmed
1	2	carrot, peeled & cut into matchsticks ⊕
1	2	birdseye chilli, deseeded & finely chopped
½	1	lime, juiced
2 tbs	4 tbs	oyster sauce (recommended amount)

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1980	Kj
Protein	29.2	g
Fat, total	5.2	g
-saturated	0.7	g
Carbohydrate	74.4	g
-sugars	12.5	g
Sodium	1580	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, vegetable peeler, medium saucepan and a large wok or frying pan.

1 Place the **Jasmine rice** and the **water** into a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the Jasmine rice is soft. Drain.

2 Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **garlic** and **prawns** and cook for **2-3 minutes**, stir frying, or until the prawns change colour. Remove from the wok and set aside.

3 Place the wok back over the same heat and add the **coriander stalks**, **spring onion**, **sugar snap peas**, **carrot** and **birdseye chilli**. Stir fry for **1-2 minutes** or until fragrant and the sugar snap peas are just tender (with a slight crunch). Return the prawns to the wok with the **lime juice** and **oyster sauce**. Stir fry for a further **1 minute** or until heated through. Remove from the heat and stir through half of the **coriander leaves**.

4 Serve the prawn and sugar snap pea stir fry over the Jasmine rice and garnish with the remaining coriander leaves.



Did you know? The carrot is in the top 10 of the most economically important global vegetable crops.