

# Sesame Honey Prawns & Veggies

with Garlic Rice

TAKEAWAY FAVES

Grab your Meal Kit  
with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Long Chilli  
(Optional)



Oyster Sauce



Sesame Seeds



Cornflour



Prawns

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

 Eat Me First

In this perfectly sweet and savoury dish, a dusting of cornflour on the prawns before they go into the pan is key; it ensures the prawns retain their juiciness, all while getting a lovely crisp coating on the exterior.

### Pantry items

Olive Oil, Butter, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	10g	20g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
long chilli  (optional)	½	1
oyster sauce	1 packet (100g)	2 packets (200g)
<b>honey*</b>	2 tbs	¼ cup
sesame seeds	1 medium packet	1 large packet
cornflour	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	656kJ (157Cal)
Protein (g)	25.2g	6.2g
Fat, total (g)	7.7g	1.9g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	106.7g	26.4g
- sugars (g)	24.5g	6.1g
Sodium (mg)	3043mg	752mg

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.



## Cook the rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** 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 **12 minutes**, then remove from heat and keep covered until 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!



## Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Shake off excess flour from **prawns**, then cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.



## Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons. Trim **green beans**. Thinly slice **long chilli** (if using).
- Pat **prawns** dry with paper towel.
- In a small bowl, combine **oyster sauce**, the **honey**, 1/2 the **sesame seeds** and a splash of **water**. Set aside.
- In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.



## Bring it all together

- Return **veggies** to the pan with the **prawns**.
- Add **sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **5-6 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl.



## Serve up

- Divide garlic rice between bowls. Top with sesame honey prawns and veggies.
- Sprinkle over remaining sesame seeds. Garnish with chilli to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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