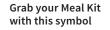


# Sesame Honey Prawns & Veggies

with Garlic Rice

TAKEAWAY FAVES













Carrot



Long Chilli (Optional)



Sesame Seeds

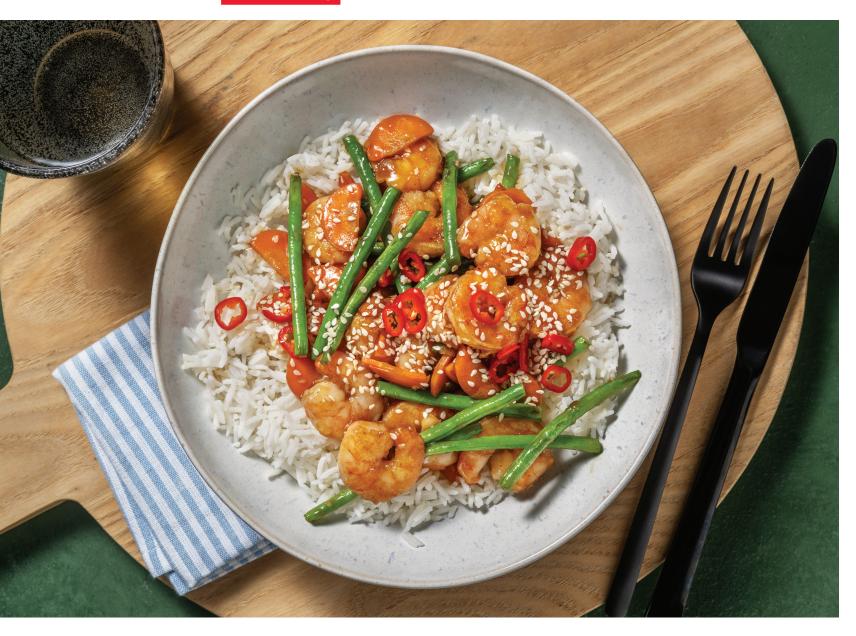


Oyster Sauce

Cornflour



Prawns



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

Eat Me First



## 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	3 cloves	6 cloves
butter*	10g	20g
water*	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)	1/2	1
oyster sauce	1 packet (100g)	2 packets (200g)
honey*	2 tbs	½ cup
sesame seeds	1 medium packet	1 large packet
cornflour	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)

<sup>\*</sup>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 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!



# 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.



# 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.



## 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.



# 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.



## 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!

