



# American-Spiced Prawns & Garlic Rice

with Slaw & Ranch Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Baby Spinach Leaves



Sweetcorn



All-American Spice Blend



Prawns



Shredded Cabbage Mix



Mayonnaise



Ranch Dressing



Beef Strips

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

Eat Me First

With hints of paprika, cumin and mustard, our All-American spice blend is all you need to jazz up juicy prawns. Serve alongside the slaw over fragrant garlic rice and bring it all together with a drizzle of creamy and tangy ranch dressing.

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

### Pantry items

Olive Oil, Butter

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b> <i>(for the rice)</i>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
All-American spice blend	1 medium sachet	1 large sachet
prawns	1 packet (200g)	2 packets (400g)
<b>butter*</b> <i>(for the prawns)</i>	20g	40g
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
beef strips**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (730Cal)	772kJ (185Cal)
Protein (g)	24.6g	6.2g
Fat, total (g)	33.3g	8.4g
- saturated (g)	12.6g	3.2g
Carbohydrate (g)	75.9g	19.2g
- sugars (g)	9.5g	2.4g
Sodium (mg)	1517mg	384mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (716Cal)	745kJ (178Cal)
Protein (g)	39.8g	9.9g
Fat, total (g)	36.9g	9.2g
- saturated (g)	13.6g	3.4g
Carbohydrate (g)	54.7g	13.6g
- sugars (g)	9.9g	2.5g
Sodium (mg)	1533mg	381mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## 1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter (for the rice)** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then 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.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



## 4 Cook the prawns

- When the rice has **5 minutes** remaining, return frying pan to medium-high heat. Heat the **butter (for the prawns)** with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Remove from heat.

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



## 2 Get prepped

- Meanwhile, roughly chop **baby spinach leaves**. Drain **sweetcorn**.
- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## 5 Make the slaw

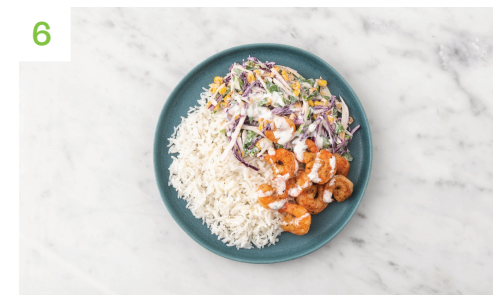
- To the bowl of **corn**, add **shredded cabbage mix**, **spinach** and **mayonnaise**. Toss to combine and season to taste.



## 3 Flavour the prawns

- In a second medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**.
- Add **prawns**, tossing to coat.

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



## 6 Serve up

- Divide garlic rice between plates.
- Top with All-American prawns and slaw.
- Drizzle with **ranch dressing** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)