



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



Chicken Breast

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

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.

Eat Me First

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter* (for the rice)	20g	40g
water*	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)
butter* (for the prawns)	20g	40g
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
chicken breast**	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)	3506kJ (838Cal)	761kJ (182Cal)
Protein (g)	44g	9.6g
Fat, total (g)	38g	8.3g
- saturated (g)	14g	3g
Carbohydrate (g)	75.9g	16.5g
- sugars (g)	9.5g	2.1g
Sodium (mg)	953mg	207mg

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



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!



Cook the prawns

- When the rice has **5 minutes** remaining, heat the **butter (for the prawns)** with a drizzle of **olive oil** in a large frying pan over medium-high heat.
- 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 with a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.



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.



Make the slaw

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



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 chicken breast, cut chicken into 2cm chunks. Combine chicken with spice blend as above.



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