



American-Spiced Prawns & Garlic Rice

with Corn Salsa, Slaw & Ranch Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Sweetcorn



Baby Spinach Leaves



All-American Spice Blend



Prawns



Shredded Cabbage Mix



Mayonnaise



Ranch Dressing

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



Naturally Gluten-Free
Not suitable for coeliacs



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, and bring everything together with a drizzle of creamy and tangy ranch dressing.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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	2 cloves	4 cloves
butter* (for the rice)	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (745Cal)	784kJ (187Cal)
Protein (g)	24.4g	6.1g
Fat, total (g)	33.3g	8.4g
- saturated (g)	12.6g	3.2g
Carbohydrate (g)	75.9g	19.1g
- sugars (g)	9.5g	2.4g
Sodium (mg)	1514mg	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt 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 rice has **5 minutes** remaining, return frying pan to medium-high heat. Melt 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.



Make the corn salsa

- Meanwhile, drain **sweetcorn**. Roughly chop **baby spinach leaves**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer charred **corn** to a medium bowl, then add **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season with **salt** and **pepper** to taste.

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



Make the slaw

- Meanwhile, combine **shredded cabbage mix** and **mayonnaise** in a large bowl.
- 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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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