



Quick Chilli-Ginger Prawn Bowl

with Sesame Pear Slaw & Crushed Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Long Chilli (Optional)



Ginger Paste



Peeled Prawns



Pear



Carrot



Shredded Cabbage Mix



Baby Spinach Leaves



Sesame Dressing



Crushed Peanuts



Peeled Prawns

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Reduced

Eat Me First

We're in our light and bright era this summer, so only a salad will do. With its rich flavour and melt-in-your-mouth texture, prawns stand up beautifully to our chilli-ginger concoction. With our shredded cabbage doing the most, you'll have a slaw bowl fit for a sunny Sunday evening in no time.

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

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long chilli  (optional)	1	2
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
peeled prawns	1 packet	2 packets
pear	1	2
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
sesame dressing	2 medium packets	4 medium packets
crushed peanuts	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1557kJ (372Cal)	441kJ (105Cal)
Protein (g)	19.2g	5.4g
Fat, total (g)	24.7g	7g
- saturated (g)	3.2g	0.9g
Carbohydrate (g)	18.1g	5.1g
- sugars (g)	16.4g	4.6g
Sodium (mg)	1336mg	379mg
Dietary Fibre (g)	9.9g	3.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1817kJ (434Cal)	406kJ (97Cal)
Protein (g)	32.5g	7.3g
Fat, total (g)	25.6g	5.7g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	19g	4.2g
- sugars (g)	17.4g	3.9g
Sodium (mg)	1960mg	438mg
Dietary Fibre (g)	10.9g	2.6g

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



Make the glaze

- Finely chop **garlic**.
- Thinly slice **long chilli** (if using).
- In a small bowl, combine **garlic**, **ginger paste**, half the **long chilli**, the **brown sugar**, **soy sauce** and **vinegar**.



Assemble the slaw

- Meanwhile, thinly slice **pear** into thin wedges.
- Grate **carrot**.
- In a large bowl, combine **shredded cabbage mix**, **carrot**, **pear**, **baby spinach leaves**, **sesame dressing** and a drizzle of **olive oil**. Season.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **chilli-ginger mixture** and cook until fragrant, **1 minute**.

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for the best results, returning all prawns to the pan before adding the chilli-ginger mixture.



Serve up

- Divide sesame pear slaw between bowls.
- Top with **chilli-ginger prawns** and remaining **long chilli**.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

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