

Chilli-Lime Prawns & Sesame Greens

with Jasmine Rice & Coconut Sauce

GOURMET

Grab your Meal Kit with this symbol



Jasmine Rice



Baby Broccoli



Pea Pods



Garlic



Lime



Long Chilli (Optional)



Tail-On Prawns



Shredded Coconut



Mixed Sesame Seeds



Ginger Paste



Coconut Milk



Fish Sauce & Rice Vinegar Mix



Coriander

Prep in: 30-40 mins
Ready in: 35-45 mins

 Eat Me First

Gourmet is the name of the game with this elegant dish. From the chilli prawns to the sesame greens and irresistible lime zest and toasted coconut topping, it's a beautiful balance of flavours and textures.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, 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 · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
pea pods	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
lime	½	1
long chilli  (optional)	½	1
tail-on prawns	1 packet	2 packets
shredded coconut	1 medium packet	2 medium packets
mixed sesame seeds	1 medium sachet	1 large sachet
soy sauce*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
fish sauce & rice vinegar mix	2 medium packets	4 medium packets
butter*	40g	80g
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3372kJ (806Cal)	634kJ (152Cal)
Protein (g)	28.6g	5.4g
Fat, total (g)	42.3g	8g
- saturated (g)	28.2g	5.3g
Carbohydrate (g)	74.7g	14g
- sugars (g)	9.7g	1.8g
Sodium (mg)	1316mg	247mg
Dietary Fibre (g)	27.3g	5.3g

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.

Fancy a drop?

We recommend pairing this meal with Pinot Gris or Rosé.

We're here to help!

Scan here if you have any questions or concerns



1 Cook the jasmine rice

- Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

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



4 Cook the sesame greens

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until slightly softened, **4 minutes**.
- Add **pea pods** and **mixed sesame seeds** and cook until tender, **2-3 minutes**.
- Add the **soy sauce** and cook, tossing to coat, **1 minute**. Transfer to a plate and cover to keep warm.



2 Get prepped

- While the rice is cooking, slice **baby broccoli** in half, lengthways. Trim **pea pods**. Finely chop **garlic**. Zest **lime** to get a good pinch, then slice into wedges. Finely chop **long chilli** (if using).
- In a medium bowl, combine **chilli**, a pinch of **brown sugar** and half the **garlic**. Season with **salt** and **pepper**, then add **tail-on prawns**, tossing to coat. Set aside.



5 Cook the sauce & prawns

- In a small saucepan over medium-high heat, add a drizzle of **olive oil**, **ginger paste** and the remaining **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar** and **fish sauce & rice vinegar mix**. Cook, stirring occasionally, until slightly reduced, **3-4 minutes**. Stir through half the **butter** until melted.
- While the sauce is cooking, return frying pan to medium-high heat with a drizzle of **olive oil** and the remaining **butter**. Once the butter is melted, cook **prawns**, tossing, until pink and starting to curl up, **3 minutes**.
- Remove pan from the heat, then add a squeeze of **lime juice**.



3 Toast the coconut

- Heat a large frying pan over medium-high heat. When the pan is hot, toast **shredded coconut**, tossing occasionally, until golden, **2-3 minutes**.
- Transfer to a small bowl and allow to cool. Stir through **lime zest**, then season to taste.



6 Serve up

- Roughly chop **coriander**.
- Divide the rice and sesame greens between bowls. Spoon over the coconut sauce, then top with the **chilli** prawns.
- Sprinkle over toasted coconut-lime garnish and coriander. Serve with any remaining lime wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate