



Sesame Honey Prawns & Garlic Veggies

with Jasmine Rice & Chilli

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Long Chilli (Optional)



Peeled Prawns



Oyster Sauce



Sesame Seeds



Cornflour



Broccoli & Carrot Mix



Garlic Paste



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me First

In this perfectly sweet and savoury dish, a dusting of cornflour on the prawns before they go into the pan is key; it ensures the prawns retain their juiciness, all while getting a lovely crisp coating on the exterior.

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

Pantry items

Olive Oil, Honey

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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
peeled prawns	1 packet	2 packets
oyster sauce	1 large packet	2 large packets
honey*	2 tbs	¼ cup
sesame seeds	1 medium sachet	1 large sachet
cornflour	1 medium sachet	1 large sachet
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2458kJ (587Cal)	728kJ (174Cal)
Protein (g)	23.1g	6.8g
Fat, total (g)	11.2g	3.3g
- saturated (g)	2.9g	0.9g
Carbohydrate (g)	98g	29g
- sugars (g)	22.3g	6.6g
Sodium (mg)	3061mg	907mg
Dietary Fibre (g)	21.3g	6.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (650Cal)	628kJ (150Cal)
Protein (g)	36.4g	8.4g
Fat, total (g)	12.1g	2.8g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	99g	22.9g
- sugars (g)	23.2g	5.4g
Sodium (mg)	3685mg	852mg
Dietary Fibre	22.3g	5.2g

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 rice & get prepped

- To a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from the heat and keep covered until the rice is tender and the water is absorbed, **12 minutes**.
- Meanwhile, thinly slice **long chilli** (if using). Pat **peeled prawns** dry with paper towel.
- In a small bowl, combine **oyster sauce**, the **honey**, half the **sesame seeds** and a splash of **water**. Set aside.
- In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.

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

Custom Recipe: If you've doubled your prawns, prepare prawns as above.



Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Shake off excess **flour** from prawns, then cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Return **veggies** to the pan. Add **sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.

Custom Recipe: Cook prawns in batches for best results.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix**, tossing, until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide garlic rice between bowls.
- Top with sesame honey prawns and veggies.
- Sprinkle over remaining sesame seeds. Garnish with **chilli** to serve. Enjoy!

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