

Baja-Style Blackened Prawns

with Garlic Rice & Aioli Walnut Slaw

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Apple



Celery



Walnuts



All-American Spice Blend



Peeled Prawns



Shredded Cabbage Mix



Smokey Aioli



Peeled Prawns

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

There's a hint of smokiness in the air and it's coming from these prawns, the All-American mild spice does wonders when cooked into prawns and served on top of a bed of rice. Not to mention, the smokey aioli tossed through the slaw. It's a firestorm of flavour tonight!

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*	40g	80g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
apple	1	2
celery	1 stalk	2 stalks
walnuts	1 packet	2 packets
All-American spice blend	½ sachet	1 sachet
peeled prawns	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
smokey aioli	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)	3157kJ (755Cal)	798kJ (191Cal)
Protein (g)	23.7g	6g
Fat, total (g)	36.2g	9.2g
- saturated (g)	12.8g	3.2g
Carbohydrate (g)	75g	19g
- sugars (g)	11.6g	2.9g
Sodium (mg)	1236mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3507kJ (838Cal)	708kJ (169Cal)
Protein (g)	37.4g	7.5g
Fat, total (g)	36.7g	7.4g
- saturated (g)	13g	2.6g
Carbohydrate (g)	75g	15.1g
- sugars (g)	11.6g	2.3g
Sodium (mg)	1888mg	381mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook half the **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!

4



Cook the prawns

- When the rice has **5 minutes** remaining, return the frying pan to medium-high heat with the remaining **butter** and a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the last **minute**, add remaining **garlic** and cook until fragrant. Remove pan from heat.

Custom Recipe: Cook prawns in batches for the best results!

2



Get prepped

- Meanwhile, thinly slice **apple** and **celery**.
- Roughly chop **walnuts**.
- Heat a large frying pan over medium-high heat. Toast **walnuts**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

5



Make the slaw

- While the prawns are cooking, combine **shredded cabbage mix**, **apple**, **celery**, **smokey aioli** and toasted **walnuts** in a large bowl.
- Season to taste.

3



Flavour the prawns

- In a medium bowl, combine **All-American spice blend** (see ingredients) and a drizzle of **olive oil**.
- Add **peeled prawns** and toss to coat.

Custom Recipe: If you've doubled your prawns, prep in a large bowl.

6



Serve up

- Divide garlic rice between bowls.
- Top with baja-style blackened prawns and aioli walnut slaw to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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