



Garlic Prawns & Bacon Fried Rice

with Garlicky Greens & Pickled Cucumber

TASTE TOURS

Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Spring Onion



Cucumber



Asian Greens



Baby Broccoli



Peeled Prawns



Diced Bacon



Sweet Soy Seasoning

Prep in: 40-50 mins
Ready in: 45-55 mins

If you're in the mood for a good fried rice with prawns, do we have the answer for you! The prawns are coated in sweet soy flavours, and seared in the pan to really make them pop with the crispy bacon bites tossed through golden fried rice. It's the perfect way to satisfy that craving.

Pantry items

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

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 · Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
cucumber	1 (medium)	1 (large)
Asian greens	1 packet	2 packets
baby broccoli	½ medium bunch	1 medium bunch
peeled prawns	1 packet	2 packets
vinegar* (white wine or rice wine)	¼ cup	½ cup
diced bacon	1 packet	1 packet
egg*	1	2
sweet soy seasoning	1 sachet	2 sachets
brown sugar*	½ tsp	1 tsp
sesame oil*	1 tsp	2 tsp
soy sauce*	2 tsp	4 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2827kJ (676Cal)	553kJ (132Cal)
Protein (g)	34.2g	6.7g
Fat, total (g)	23.6g	4.6g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	71.7g	14g
- sugars (g)	10.5g	2.1g
Sodium (mg)	1800mg	352mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW09



1



Start the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain **rice**, rinse with warm water and set aside.

TIP: The rice will finish cooking in step 4!

4



Finish the rice

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **2-3 minutes**.
- Push **bacon** to the side, crack the **egg** into the pan and scramble until cooked through, **1 minute**.
- Add **spring onion** and **sweet soy seasoning**, and cook until fragrant, **1 minute**.
- Add the **brown sugar**, **sesame oil** and **soy sauce**. Cook until slightly reduced, **2-3 minutes**.
- Add the cooked **rice** and cook, stirring, until well combined, **2-3 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **spring onion**. Slice **cucumber** into rounds. Trim **Asian greens**. Halve any thicker stalks of **baby broccoli** (see ingredients) lengthways.
- Drain and pat dry **peeled prawns**. In a medium bowl, combine **prawns**, half the **garlic**, a drizzle of **olive oil** and a pinch of **pepper**. Set aside.
- In a second medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the **pickling liquid** with just enough **water** to cover the cucumber. Set aside.

5



Cook the prawns

- Meanwhile, heat a second large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Transfer onto a plate.

3



Cook the garlicky greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until just tender, **3-4 minutes**.
- Add **Asian greens** and cook until just wilted, **1-2 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.

6



Serve up

- Drain pickled cucumber.
- Divide bacon fried rice between bowls. Top with garlic prawns, garlicky greens and pickled cucumber. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate