



Korean-Style Prawns & Charred Corn Slaw

with Sriracha Mayo

Grab your Meal Kit with this symbol



Garlic



Celery



Spring Onion



Carrot



Sweetcorn



Peeled Prawns



Cornflour



Korean Stir-Fry Sauce



Shredded Cabbage Mix



Sriracha

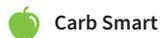


Mayonnaise



Chicken Breast

Prep in: **25-35 mins**
Ready in: **30-40 mins**



Carb Smart



Eat Me Early*

*Custom Recipe only

If you're having sticky glazed prawns then you will need a handy-dandy slaw to go with them. A charred corn slaw, drizzled in a punchy sriracha mayo and tossed through with veggies and spring onion is the perfect slaw for the job. It's a winning combination!

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

Pantry items

Olive Oil, Plain Flour, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
carrot	½	1
sweetcorn	1 medium tin	1 large tin
peeled prawns	1 packet	2 packets
cornflour	1 medium packet	2 medium packets
plain flour*	1 tbs	2 tbs
Korean stir-fry sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
sriracha	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1777kJ (425Cal)	445kJ (106Cal)
Protein (g)	17.9g	4.5g
Fat, total (g)	19.6g	4.9g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	35.6g	8.9g
- sugars (g)	17.2g	4.3g
Sodium (mg)	1744mg	436mg
Dietary Fibre (g)	4.9g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2198kJ (525Cal)	461kJ (110Cal)
Protein (g)	43.1g	9g
Fat, total (g)	22.4g	4.7g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	35.7g	7.5g
- sugars (g)	16.3g	3.4g
Sodium (mg)	1227mg	257mg
Dietary fibre (g)	3.9g	0.8g

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](https://www.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



Get prepped

- Finely chop **garlic**. Thinly slice **celery** and **spring onion**. Grate **carrot** (see ingredients). Drain **sweetcorn**.
- In a medium bowl, combine **peeled prawns**, **garlic** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've swapped to chicken breast, cut into 2cm chunks. Flavour with garlic and olive oil as above.



Heat the sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**.
- Add **Korean stir-fry sauce** and a splash of **water**, and cook, stirring, until heated through, **1 minute**.



Char the corn

- Heat a large frying pan over medium-high heat. Cook **sweetcorn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Toss the slaw

- Meanwhile, add **shredded cabbage mix** to the **charred corn**, along with **carrot**, **celery**, the **sesame oil** and a drizzle of **vinegar**. Season with **salt** and **pepper** and set aside.
- In a small bowl, combine **sriracha** and **mayonnaise**. Season to taste.



Cook the prawns

- Add **cornflour** and the **plain flour** to the bowl of **prawns** and toss to coat
- Return the frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, dust off any excess **cornflour** from **prawns** and cook, tossing, until pink and starting to curl up, **3-4 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: Coat chicken in flour mix as above. Heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, dust off excess flour from chicken and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Serve up

- Divide charred corn slaw between bowls. Top with prawns.
- Spoon Korean sauce over the prawns.
- Drizzle with sriracha mayo and garnish with spring onion to serve. Enjoy!

Custom Recipe: Top with chicken as above.

Rate your recipe

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