



Aromatic Chilli-Garlic Prawns & Apple Slaw

with Crispy Shallots & Sesame Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Celery



Apple



Carrot



Garlic Paste



Chilli Flakes (Optional)



Peeled Prawns



Shredded Cabbage Mix



Baby Leaves



Mayonnaise



Sesame Dressing



Crispy Shallots



Peeled Prawns

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Reduced

Fresh prawns are popping with garlic and chilli, spiced to your liking, in this bowl of sesame drizzled slaw to balance it out. To make dinner really stand out, sprinkle over crispy shallots for a tasty crunch.

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

Pantry items

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

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
celery	1 stalk	2 stalks
apple	1	2
carrot	1	2
garlic paste	1 small packet	1 medium packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
chilli flakes  (optional)	pinch	pinch
vinegar* (white wine or rice wine)	2 tsp	4 tsp
peeled prawns	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
sesame dressing	1 medium packet	1 large packet
crispy shallots	½ large packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1816kJ (434Cal)	427kJ (102Cal)
Protein (g)	17.8g	4.2g
Fat, total (g)	25.7g	6g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	25.9g	6.1g
- sugars (g)	14.7g	3.5g
Sodium (mg)	1498mg	353mg
Dietary Fibre (g)	6.9g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2166kJ (518Cal)	413kJ (99Cal)
Protein (g)	31.5g	6g
Fat, total (g)	26.2g	5g
- saturated (g)	5g	1g
Carbohydrate (g)	26.9g	5.1g
- sugars (g)	15.7g	3g
Sodium (mg)	2150mg	410mg
Dietary fibre	7.9g	1.5g

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

- Thinly slice **celery** and **apple**. Grate **carrot**.
- In a small bowl, combine **garlic paste**, the **soy sauce**, **brown sugar**, a splash of **water**, a pinch of **chilli flakes** (if using) and half the **vinegar**.



Toss the slaw

- Meanwhile, combine **shredded cabbage mix** and **baby leaves** in a large bowl, along with **apple**, **celery**, **carrot**, **mayonnaise**, the **sesame oil** and remaining **vinegar**. Season to taste.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **chilli-garlic mixture** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your peeled prawns, cook in batches for best results. Return all prawns to the pan before adding chilli-garlic mixture.



Serve up

- Divide apple slaw between bowls.
- Top with chilli garlic prawns and drizzle over **sesame dressing**.
- Sprinkle with **crispy shallots** (see ingredients) and any remaining **chilli flakes**. Enjoy!

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