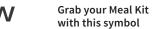


# Aromatic Chilli-Garlic Prawns & Apple Slaw

with Crispy Shallots & Sesame Dressing

CLIMATE SUPERSTAR













Carrot



Garlic Paste



Chilli Flakes



(Optional)







**Baby Leaves** 

Sesame Dressing

Shredded Cabbage





Mayonnaise



Crispy Shallots



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



**Pantry items** 

## 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	

<sup>\*</sup>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 Basins		

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

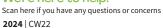
The quantities provided above are averages only.

Allergens
Always read product labels for the most

up-to-date allergen information. Visit **hellofresh.co.nz/foodinfo** 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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

