

Korean-Style Prawns & Charred Corn Slaw with Sriracha Mayo

Grab your meal kit with this number













Spring Onion







Sweetcorn







Cornflour





Shredded Cabbage



Sriracha



Mayonnaise





Pantry items

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

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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	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	1/2	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

^{*}Pantry Items

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

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.



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.



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.



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.



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.

if necessary.



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.

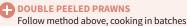


Serve up

- 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!









Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

