

# Korean-Style Prawns & Charred Corn Slaw

with Sriracha Mayo

Grab your meal kit with this number

6



Garlic



Celery



Spring Onion



Carrot



Sweetcorn



Peeled Prawns



Cornflour



Korean Stir-Fry Sauce



Shredded Cabbage Mix



Sriracha



Mayonnaise



Peeled Prawns



Chicken Breast

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

Carb Smart

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!

### 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 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

	2 People	4 People
<b>olive oil*</b>	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
<b>plain flour*</b>	1 tbs	2 tbs
Korean stir-fry sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (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](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.



## 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.



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS



#### DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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.

