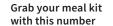


Prawn Katsu Bao Buns & Cabbage Salad

with Spring Onion Fries

BAO BONANZA











Potato



Carrot



Cucumber



Spring Onion







Peeled Prawns



Garlic Aioli

Katsu Paste



Shredded Cabbage





Bao Buns

Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic	2 cloves	4 cloves	
carrot	1	2	
cucumber	1 (medium)	1 (large)	
spring onion	1 stem	2 stems	
plain flour*	2 tbs	1/4 cup	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
peeled prawns	1 packet	2 packets	
katsu paste	½ medium packet	1 medium packet	
brown sugar*	1 tsp	2 tsp	
water*	1/4 cup	½ cup	
butter*	10g	20g	
shredded cabbage mix	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	drizzle	drizzle	
bao buns	6	12	
*n			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4315kJ (1031Cal)	561kJ (134Cal)
Protein (g)	36.5g	4.7g
Fat, total (g)	30.1g	3.9g
- saturated (g)	8.4g	1.1g
Carbohydrate (g)	134.4g	17.5g
- sugars (g)	40g	5.2g
Sodium (mg)	1498mg	195mg
Dietary Fibre (g)	10g	1.3g

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.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato into fries.
- Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

- Meanwhile, finely chop garlic.
- Thinly slice carrot and cucumber into rounds.
 Thinly slice spring onion.
- In a shallow bowl, combine the plain flour and a generous pinch of salt. In a second shallow bowl, whisk the egg and add garlic. In a third shallow bowl, place panko breadcrumbs.
- Dip peeled prawns into flour mixture to coat, then into egg and finally in breadcrumbs. Set aside on a plate.



Cook the crumbed prawns

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook crumbed prawns in batches, until golden and cooked through, 2-4 minutes each side.
 Transfer to a paper towel-lined plate.



Make the katsu sauce

 Wipe out frying pan and return to medium-low heat. Add katsu paste (see ingredients), the brown sugar, water and butter. Cook, stirring, until slightly reduced, 2-3 minutes.



Bring it all together

- Meanwhile, in a large bowl, combine shredded cabbage mix, carrot, cucumber, garlic aioli and a drizzle of vinegar and olive oil. Season to taste.
- Place **bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for 1 minute. Set aside to rest for 1 minute.



Serve up

- · Gently halve bao buns.
- Fill bao buns with some cabbage salad and crumbed prawns. Drizzle over some katsu sauce.
- Serve with potato fries and any remaining cabbage salad.
- Sprinkle spring onion over fries to serve. Enjoy!

