

# Mighty Prawn & Bean Rice Bowl

with Avocado Salsa & Lemony Mayonnaise

GOLD MEDAL MEALS

Grab your meal kit  
with this number

15



Garlic



Onion



Lemon



Red Kidney Beans



Jasmine Rice



Vegetable Stock Powder



Cucumber



Radish



Avocado



Peeled Prawns



Chilli Flakes (Optional)



Mayonnaise

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Protein Rich

This dish is a true feast for champions! This zingy combo will give you the boost you need, with seared chilli prawns, a fresh avo salsa and a lemony mayo. Fluffy rice and kidney beans provide a satiating base for all those bright flavours, creating a perfectly balanced meal.

### Pantry items

Olive Oil, Honey



## 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

Medium saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	1
lemon	½	1
red kidney beans	½ packet	1 packet
jasmine rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1¼ cups	2½ cups
cucumber	1 (medium)	1 (large)
radish	1	2
avocado	1 small	1 large
peeled prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
<b>honey*</b>	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2153kJ (515cal)	207kJ (49cal)
Protein (g)	19g	1.8g
Fat, total (g)	30.4g	2.9g
- saturated (g)	4.6g	0.4g
Carbohydrate (g)	34g	3.3g
- sugars (g)	7.2g	0.7g
Sodium (mg)	1218mg	117mg
Dietary Fibre (g)	9.2g	0.9g

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Start the rice

- Finely chop **garlic**. Thinly slice **onion** (see **ingredients**). Zest the **lemon** to get a pinch and slice into wedges. Drain and rinse **red kidney beans** (see **ingredients**).
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **onion** and **red kidney beans** until fragrant and softened, **3-4 minutes**.



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat, add the **honey** and turn **prawns** to coat.



## Finish the rice

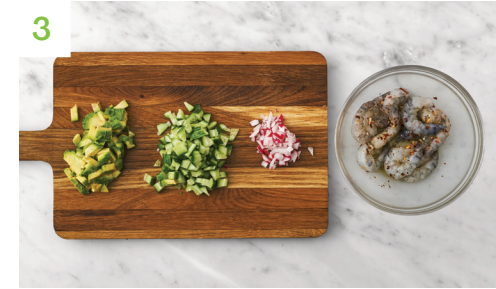
- Add **jasmine rice**, **vegetable stock powder**, the **water** and a pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**. Season with **olive oil** to taste.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Toss the salsa

- Meanwhile, in a large bowl, combine **cucumber**, **radish**, **avocado**, a squeeze of **lemon juice** and **olive oil**. Season to taste.
- In a small microwave-safe bowl, add the remaining **garlic** and a drizzle of **olive oil** and microwave in **30 second** bursts, until warmed through. Stir through **lemon zest** and **mayonnaise** and season to taste.



## Get prepped

- Meanwhile, finely chop **cucumber** and **radish**. Slice **avocado** in half, scoop out flesh and finely chop.
- In a medium bowl, add **peeled prawns**, a pinch of **chilli flakes** (if using), half the **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper** and stir to combine.



## Serve up

- Divide bean rice between bowls.
- Top with avocado salsa and mighty prawns.
- Drizzle over lemony mayonnaise. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

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