



Honey Popcorn Prawn Stir-Fry

with Rapid Rice & Asian Veggies

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Fresh Chilli (Optional)



Carrot



Jasmine Rice



Peeled Prawns



Cornflour



Oyster Sauce



Asian Stir-Fry Mix



Peeled Prawns



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Put down that phone and throw out the takeaway menu because you won't be needing them anymore! Let's take juicy prawns and toss them in a honey-oyster sauce mix for a taste of nostalgia. A side of super-speedy rice is perfect to soak up the extra sauce.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fresh chilli  (optional)	1	2
carrot	1	2
jasmine rice	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
cornflour	1 packet	2 packets
honey*	2 tbs	¼ cup
oyster sauce	1 large packet	2 large packets
Asian stir-fry mix	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1683kJ (402cal)	173kJ (41cal)
Protein (g)	19.8g	2g
Fat, total (g)	4.4g	0.5g
- saturated (g)	1.3g	0.1g
Carbohydrate (g)	63.9g	6.6g
- sugars (g)	27.1g	2.8g
Sodium (mg)	2478mg	255.3mg
Dietary Fibre (g)	9.3g	1g

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.

1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Thinly slice **chilli** (if using). Slice **carrot** into half-moons.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.

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

3



Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Shake off excess **flour** from **prawns**, then cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Return **veggies** to the pan, then add **oyster sauce mixture** and cook, tossing, until combined, **1 minute**. Remove from heat.

2



Get prepped

- While the rice is cooking, pat **peeled prawns** dry with paper towel. In a medium bowl, combine **cornflour** and a pinch of **salt**. Add **prawns**, tossing to coat.
- In a small bowl, combine the **honey**, **oyster sauce** and a splash of **water**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrots** and **Asian stir-fry mix**, tossing, until tender, **5-6 minutes**. Transfer to a bowl.

4



Serve up

- Divide rapid rice between bowls.
- Top with honey popcorn prawns and veggies.
- Sprinkle over chilli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



DOUBLE PEELLED 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.

