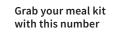


Honey Popcorn Prawn Stir-Fry with Rapid Rice & Asian Veggies

TAKEAWAY FAVES

CLIMATE SUPERSTAR











Carrot

(Optional)



Jasmine Rice





Peeled Prawns







Asian Stir-Fry





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

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	1/4 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.



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!



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.



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
- In a small bowl, combine the **honey**, **oyster sauce** and a splash of **water**.
- 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.



Serve up

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









