



# Baja-Style Blackened Prawns

with Garlic Rice & Smokey Slaw

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Garlic



Jasmine Rice



Apple



Celery



All-American Spice Blend



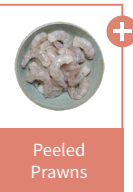
Peeled Prawns



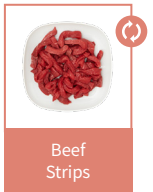
Shredded Cabbage Mix



Smokey Aioli



Peeled Prawns



Beef Strips

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

Carb Smart

There's a hint of smokiness in the air and it's coming from these prawns! The All-American spice works magic when cooked onto this fresh seafood and served on top of a bed of rice. Not to mention, the smokey aioli tossed through the slaw. It's a firestorm of flavour tonight!

### Pantry items

Olive Oil, Butter



## 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
apple	1	2
celery	1 stalk	2 stalks
All-American spice blend	½ medium sachet	1 medium sachet
peeled prawns	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2074kJ (496cal)	274kJ (65cal)
Protein (g)	18.6g	2.5g
Fat, total (g)	28.4g	3.7g
- saturated (g)	12.2g	1.6g
Carbohydrate (g)	35.1g	4.6g
- sugars (g)	11.6g	1.5g
Sodium (mg)	1232mg	162.5mg
Dietary Fibre (g)	5.2g	0.7g

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.



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



## Cook the prawns

- When the rice has **5 minutes** remaining, heat a large frying pan over medium-high heat with the remaining **butter** and a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the **last minute**, add remaining **garlic** and cook until fragrant. Remove from heat.



## Get prepped

- Meanwhile, thinly slice **apple** and **celery**.



## Flavour the prawns

- In a medium bowl, combine **All-American spice blend** (see ingredients) and a drizzle of **olive oil**.
- Add **peeled prawns** and toss to coat.



## Make the slaw

- While the prawns are cooking, combine **shredded cabbage mix**, **apple**, **celery**, and **smokey aioli** in a large bowl.
- Season to taste.



## Serve up

- Divide garlic rice between bowls.
- Top with baja-style blackened prawns and smokey slaw to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



### CUSTOM OPTIONS



#### DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

