



Sweet Chilli Prawn & Baby Broccoli Stir-Fry

with Garlic Rice

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Garlic



Jasmine Rice



Carrot



Asian Greens



Baby Broccoli



Oyster Sauce



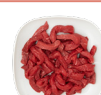
Sweet Chilli Sauce



Ginger Paste



Peeled Prawns

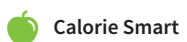


Beef Strips



Peeled Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins



Prawns that are popping with delicious taste sensations, we say yes please! You won't be able to get enough of these bad boys in a saucy sweet chilli stir-fry. Set off the flavour fireworks with ginger and oyster sauce stirred through.

Pantry items

Olive Oil, Butter, Soy Sauce

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 packet	2 packets
baby broccoli	½ medium bunch	1 medium bunch
oyster sauce	1 medium packet	2 medium packets
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1627kJ (388Cal)	316kJ (75Cal)
Protein (g)	21.4g	4.2g
Fat, total (g)	10.4g	2g
- saturated (g)	6g	1.2g
Carbohydrate (g)	45.5g	8.8g
- sugars (g)	17.5g	3.4g
Sodium (mg)	1917mg	372mg
Dietary Fibre (g)	8.9g	1.7g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and 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 and 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!

4



Stir-fry the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **carrot** and **baby broccoli** until tender, **3-4 minutes**.
- In the **last 1-2 minutes**, add **Asian greens** and cook until wilted.
- Add **ginger paste** and cook until fragrant, **1 minute**. Transfer **veggies** to a bowl.

2



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Halve any thicker stalks of **baby broccoli** (see **ingredients**) lengthways.

5



Cook the prawns

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl, **3-4 minutes**.
- Return **veggies** to the pan, then add **sweet chilli mixture** and toss until thickened, **1-2 minutes**.

3



Make the sauce

- In a medium bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce** and **water (for the sauce)**. Set aside.

6



Serve up

- Divide garlic rice between bowls.
- Top with sweet chilli prawn and baby broccoli stir-fry to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO BEEF STRIPS

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



DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.

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

