

Prawn Katsu Bao Buns & Cabbage Salad

with Spring Onion Fries

BAO BONANZA

Grab your meal kit
with this number

24



Potato



Garlic



Carrot



Cucumber



Spring Onion



Panko Breadcrumbs



Peeled Prawns



Katsu Paste



Shredded Cabbage
Mix



Garlic Aioli



Bao Buns

Prep in: **20-30** mins
Ready in: **40-50** mins

This week, our favourite fluffy cloud-like buns are packed with crunchy crumbed prawns, a crisp cabbage salad, and a rich katsu sauce. Bao night is quickly becoming a staple in our home, how about yours?

Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter, Vinegar (White Wine or Rice Wine)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
cucumber	1 (medium)	1 (large)
spring onion	1 stem	2 stems
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
katsu paste	½ medium packet	1 medium packet
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
butter*	10g	20g
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
bao buns	6	12

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4315kJ (1031cal)	331kJ (79cal)
Protein (g)	36.5g	2.8g
Fat, total (g)	30.1g	2.3g
- saturated (g)	8.4g	0.6g
Carbohydrate (g)	134.4g	10.3g
- sugars (g)	40g	3.1g
Sodium (mg)	1498mg	114.8mg
Dietary Fibre (g)	10g	0.8g

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 | CW43



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



Make the katsu sauce

- Wipe out frying pan and return to medium-low heat. Add **katsu paste** (see ingredients), the **brown sugar**, **water** and **butter**. Cook, stirring, until slightly reduced, **2-3 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **carrot** and **cucumber** into rounds. Thinly slice **spring onion**.
- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg** and then add **garlic**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **peeled prawns** into **flour mixture** to coat, then into **egg** and finally in **breadcrumbs**. Set aside on a plate.



Bring it all together

- Meanwhile, in a large bowl, combine **shredded cabbage mix**, **carrot**, **cucumber**, **garlic aioli** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Place **bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for **1 minute**. Set aside to rest for **1 minute**.



Cook the crumbed prawns

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook **crumbed prawns** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.



Serve up

- Gently halve bao buns.
- Fill bao buns with some cabbage salad and crumbed prawns. Drizzle over some katsu sauce.
- Serve with potato fries and any remaining cabbage salad.
- Sprinkle spring onion over fries to serve. Enjoy!

Rate your recipe

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