



Chilli Ginger Prawns with Pear Slaw & Crushed Peanuts

NEW



Grab your Meal Kit
with this symbol



Pear



Radish



Garlic



Fresh Chilli
(Optional)



Carrot



Ginger Paste



Peeled Prawns



Shredded Cabbage
Mix



Garlic Aioli



Japanese Dressing

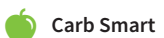


Crushed Peanuts



Peeled Prawns

Prep in: **15-25 mins**
Ready in: **20-30 mins**



Fresh prawns are popping with ginger and chilli, spiced to your liking, in this bowl of sweet pear slaw, to balance everything. To make dinner really standout, sprinkle over peanuts for a burst of nuttiness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce,
Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
radish	2	4
garlic	2 cloves	4 cloves
fresh chilli  (optional)	1	2
carrot	1	2
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
peeled prawns	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 large packet	2 large packets
Japanese dressing	1 packet	2 packets
crushed peanuts	1 packet	2 packets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2254kJ (539Cal)	519kJ (124Cal)
Protein (g)	21.6g	5g
Fat, total (g)	36.4g	8.4g
- saturated (g)	4.3g	1g
Carbohydrate (g)	25.4g	5.9g
- sugars (g)	17.6g	4.1g
Sodium (mg)	1536mg	354mg
Dietary Fibre (g)	8.5g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	488kJ (117Cal)
Protein (g)	35.3g	6.6g
Fat, total (g)	36.9g	6.9g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	25.4g	4.8g
- sugars (g)	17.6g	3.3g
Sodium (mg)	2188mg	410mg

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://www.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



Get prepped

- Thinly slice **pear** into wedges. Thinly slice **radish**. Finely chop **garlic**. Thinly slice **fresh chilli** (if using). Grate the **carrot**.
- In a small bowl, combine **garlic**, **ginger paste**, the **brown sugar**, **soy sauce**, **vinegar** and half the **chilli**.



Toss the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **pear**, **radish**, **garlic aioli** and **Japanese dressing** in a large bowl. Season with **salt** and **pepper**.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **chilli-ginger mixture** and cook until fragrant, **1 minute**.

Custom Recipe: If you've doubled your prawns, cook in batches for the best results! Return all prawns to the pan, then add chilli ginger mixture.



Serve up

- Divide pear slaw between bowls.
- Top with chilli ginger prawns and remaining **chilli**.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

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