



# Teriyaki Prawn Poke Style Bowl

with Zesty Jasmine Rice, Sugar Snaps and Kiwi Salsa

28

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Kiwi



Red Chilli



Lime



Sugar Snap Peas



Garlic Clove



King Prawns



Salted Peanuts



Teriyaki Sauce



King Prawns

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

**CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, fine grater, bowl, garlic press, frying pan, aluminium foil and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Kiwi**	1	2	2
Red Chilli**	1	1	1
Lime**	1	1	1
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
King Prawns** 5)	150g	225g	300g
Salted Peanuts 1)	25g	25g	40g
Teriyaki Sauce 11)	75g	125g	150g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Salsa*	1 tbsp	1½tbsp	2tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	483g	100g	558g	100g
Energy (kJ/kcal)	2282 /545	472 /113	2501 /598	448 /107
Fat (g)	12.2	2.5	13.0	2.3
Sat. Fat (g)	2.1	0.4	2.4	0.4
Carbohydrate (g)	87.3	18.1	87.3	15.6
Sugars (g)	19.0	3.9	19.0	3.4
Protein (g)	24.0	5.0	35.8	6.4
Salt (g)	2.99	0.62	3.89	0.70

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

1) Peanut 5) Crustaceans 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Prawns

Return the (now empty) pan to a medium-high heat with a drizzle of **oil**. Drain the **prawns**.

Once hot, add the **prawns** to the pan. Season with **salt** and **pepper** and cook for 4-5 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

### CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



## Make the Kiwi Salsa

Peel the **kiwi**, then cut into 1cm chunks. Halve the **red chilli** lengthways, deseed, then finely chop.

Zest and halve the **lime**.

Pop the **kiwi** and **chilli** (add less if you'd prefer things milder) into a medium bowl. Squeeze in the **lime juice** and **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**, mix together, then set aside.



## Teriyaki Time

Once the **prawns** are cooked, remove the pan from the heat and pour in the **teriyaki sauce**.

Gently toss to combine and coat the **prawns** in the **sauce**.

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



## Stir-Fry the Sugar Snaps

Halve the **sugar snap peas** lengthways down the middle. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **sugar snaps** and stir-fry until tender, 2-3 mins.

Stir in the **garlic** and cook for 1 min, then pop the **sugar snaps** into a bowl and cover with foil to keep warm.



## Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **rice** between your bowls, then serve the **teriyaki prawns**, **kiwi salsa** (including the **juices**) and **sugar snaps** in separate sections on top.

Sprinkle over the **crushed peanuts** to finish.

Enjoy!