



Spiced Glazed Prawns

with Garlicky Green Beans and Bulgur Wheat

Classic 25-30 Minutes • **Medium Spice** • 1 of your 5 a day

6



Green Beans



Bell Pepper



Garlic Clove



Vegetable Stock Paste



Bulgur Wheat



King Prawns



Red Thai Style Paste



Ketjap Manis



Honey



King Prawns

Pantry Items

Oil, Salt, Pepper

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

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	200g
Bell Pepper***	1	1½	2
Garlic Clove**	2	3	4
Vegetable Stock Paste 10	10g	15g	20g
Bulgur Wheat 13	120g	240g	240g
King Prawns** 5	150g	225g	300g
Red Thai Style Paste	50g	75g	100g
Ketjap Manis 11	25g	50g	50g
Honey	15g	22g	30g
King Prawns** 5	150g	225g	300g

Pantry	2P	3P	4P
Water for the Bulgur*	120ml	240ml	240ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	355g	100g	430g	100g
Energy (kJ/kcal)	1793 /429	505 /121	2013 /481	468 /112
Fat (g)	7.2	2.0	8.0	1.9
Sat. Fat (g)	0.8	0.2	1.1	0.2
Carbohydrate (g)	72.3	20.4	72.3	16.8
Sugars (g)	19.9	5.6	19.9	4.6
Protein (g)	21.6	6.1	33.3	7.8
Salt (g)	3.85	1.08	4.75	1.10

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

Allergens

5) Crustaceans **10)** Celery **11)** Soya **13)** Cereals containing gluten

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Prep Time

Trim the **green beans**, then cut into thirds.
Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
Peel and grate the **garlic** (or use a garlic press).



Fry the Prawns

Once the **veg** is tender, add the **prawns** to the pan. Stir-fry for 5-6 mins.

Stir in the **red Thai style paste**, **ketjap manis** and **honey**. Taste and season with **salt** and **pepper** if needed. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

CUSTOM RECIPE

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



Cook the Bulgur

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in the **veg stock paste** and **half the garlic**, then bring to the boil.
Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Finish Up

Once everything's cooked, remove the pan from the heat.

Add a splash of **water** to the **prawns** to loosen the **sauce** if needed. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Bring on the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
Once hot, add the **green beans** and **sliced pepper** and season with **salt** and **pepper**. Stir-fry until softened, 5-6 mins.
Add the remaining **garlic** and cook, stirring, for 1 min more.

While the **veg** cooks, drain the **prawns**.
IMPORTANT: Wash your hands and equipment after handling raw prawns.



Combine and Serve

Fluff up the **bulgur wheat** with a fork, then add to your pan of **prawns** and **veg**. Mix well to combine in the **sauce**.

Share between your bowls.

Enjoy!