

Sweet Chilli King Prawn Bao

with Sesame Chips, Pickled Cucumber Salad and Peanuts

Bao Night 35-40 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Roasted White Sesame Seeds



Baby Cucumber



Coriander



Garlic Clove



Salted Peanuts



Rice Vinegar



Bao Buns



King Prawns



Thai Style Spice Blend



Sweet Chilli Sauce



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Mayonnaise

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

Baking tray, garlic press, rolling pin, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Baby Cucumber**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Salted Peanuts 1)	25g	40g	50g
Rice Vinegar	15ml	22ml	30ml
Bao Buns** 11) 13)	1 pack	1½ packs	2 packs
King Prawns** 5)	225g	375g	450g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	48g	48g	96g
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	3078 / 736	555 / 133
Fat (g)	32.1	5.8
Sat. Fat (g)	8.5	1.5
Carbohydrate (g)	84.6	15.3
Sugars (g)	20.9	3.8
Protein (g)	30.6	5.5
Salt (g)	2.39	0.43

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

Allergens

1) Peanut **3)** Sesame **5)** Crustaceans **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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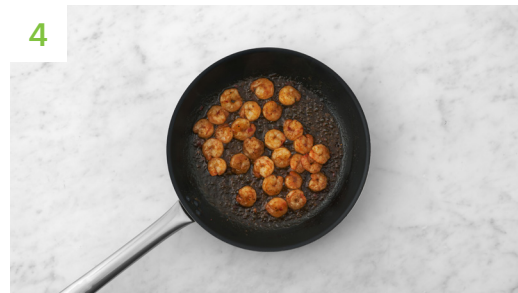
1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Fry the Prawns

About 5 mins before the chips are ready, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 3-4 mins.

Add the **garlic** and **Thai style spice blend**. Stir-fry for 1 min more.

Stir through **sweet chilli sauce** and **butter** (see pantry for amount) until the **butter** has melted.



2 Prep Time

Meanwhile, trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

Crush the **peanuts** in the unopened sachet using a rolling pin.



5 Bring on the Bao

Once the **prawns** are cooked, remove the pan from the heat. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Sprinkle the **bao buns** with a little **water** and microwave, 800W: 1 min / 900W: 45 secs / 1000W: 30 secs.

If you don't have a microwave, place the **bao buns** onto a large sheet of foil. Sprinkle with a little **water**, then fold the foil, sealing on all sides to create a parcel. Bake on the middle shelf until warm and fluffy, 2-3 mins.



3 Get in a Pickle

In a medium bowl, combine the **rice vinegar**, **chopped cucumber**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set aside to pickle.

Place the **bao buns** on a plate, ready for later.



6 Assemble and Serve

Transfer the **bao buns** to your plates and spread with the **mayo** (see pantry for amount), then pile in the **sweet chilli prawns**. Top with some of the **pickled cucumber**, **coriander** and **peanuts**.

Add the **baby leaves** and any remaining **coriander** to the bowl of **pickled cucumber** and toss together.

Serve the **bao buns** with the **sesame chips** and **cucumber salad** alongside.

Enjoy!