



Ultimate Kung Pao Style Prawns and Jasmine Rice

with Sugar Snaps, Spring Onion and Cashew Nuts

35

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



Jasmine Rice



Cashew Nuts



Sugar Snap Peas



King Prawns



Garlic Clove



Spring Onion



Ginger Puree



Szechuan Paste



Soy Sauce



Honey



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper

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, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Cashew Nuts 2)	50g	75g	100g
Sugar Snap Peas**	150g	230g	300g
King Prawns** 5)	225g	375g	450g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Ginger Puree	15g	22g	30g
Szechuan Paste 11)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

*Not included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	2529 /604	457 /109
Fat (g)	14.7	2.7
Sat. Fat (g)	3.0	0.5
Carbohydrate (g)	88.2	15.9
Sugars (g)	19.0	3.4
Protein (g)	29.6	5.3
Salt (g)	5.35	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **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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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 $\frac{1}{4}$ **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).



Add your Aromatics

While the **prawns** fry, peel and grate the **garlic** (or use a garlic press).

Trim and thinly slice the **spring onion**.

Once the **prawns** are cooked, add the **garlic**, **sugar snap peas**, **ginger puree** and **half** the **spring onion** to the pan. Fry until fragrant, 1 min.



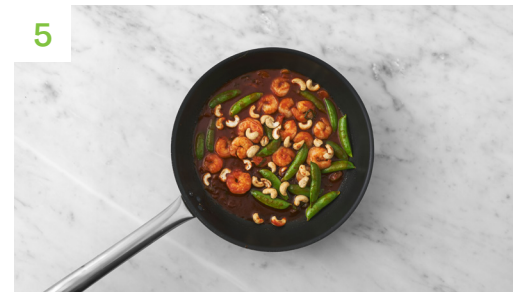
Toast the Cashews

Meanwhile, heat a large frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** *Watch them like a hawk as they can burn easily.*

Once toasted, remove from the pan and set aside for now.

Slice the **sugar snap peas** in half lengthways.



Kung Pao Sauce Time

Stir the **Szechuan paste**, **soy sauce** and **water for the sauce** (see pantry for amount) into the pan. Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.

Once thickened, stir the **honey** and **toasted cashews** into the **sauce**. **TIP:** *If your honey has hardened, pop in a bowl of hot water for 1 min.*

Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.



Bring on the Prawns

Drain the **prawns**.

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

Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

Once cooked, remove the pan from the heat.

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



Serve Up

Fluff up the **rice** with a fork, then share between your serving bowls.

Spoon over your **ultimate Kung Pao style prawns**.

Sprinkle over the **sesame seeds** and remaining **spring onion** to finish.

Enjoy!