



Honey-Gochujang Prawn Skewers and Chips

with Baby Gem Sambal and Peanut Salad

28

Calorie Smart 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Bamboo Skewers



Potatoes



Red Onion



King Prawns



Baby Gem Lettuce



Mayonnaise



Sambal Paste



Salted Peanuts



Gochujang Paste



Honey



Paneer

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Tomato Ketchup

Make it Vegetarian

If you chose to make this recipe veggie, 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

Baking tray, aluminium foil, bowl, rolling pin and saucepan.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Red Onion	1	2	2
King Prawns** 5)	150g	225g	300g
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	32g	48g	64g
Sambal Paste	15g	22g	30g
Salted Peanuts 1)	25g	40g	40g
Gochujang Paste 11)	30g	50g	60g
Honey	15g	22g	30g
Paneer** 7)	226g	452g	452g
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
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	512g	100g	550g	100g
Energy (kJ/kcal)	2429/581	475/113	3904/933	710/170
Fat (g)	25.1	4.9	56.0	10.2
Sat. Fat (g)	7.8	1.5	27.3	5.0
Carbohydrate (g)	73.5	14.4	78.1	14.2
Sugars (g)	26.2	5.1	30.6	5.6
Protein (g)	18.7	3.7	33.4	6.1
Salt (g)	3.35	0.65	2.90	0.53


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

Allergens

1) Peanut 5) Crustaceans 7) Milk 8) Egg 9) Mustard 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, 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.

 You can recycle me!

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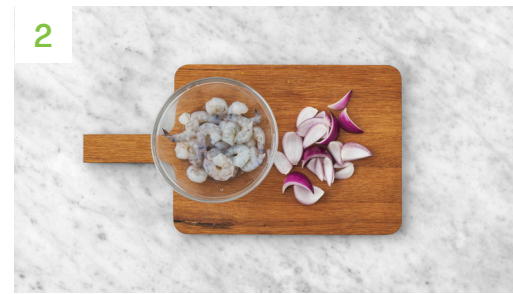


1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak the **skewers** in cold **water** (this will prevent them from burning).

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**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



2 Prep the Onion

When the oven is hot, bake the **chips** on the middle shelf until golden, 30-35 mins. Turn halfway through. Meanwhile, quarter and peel the **red onion**, then separate the layers.

Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



3 Bake the Skewers

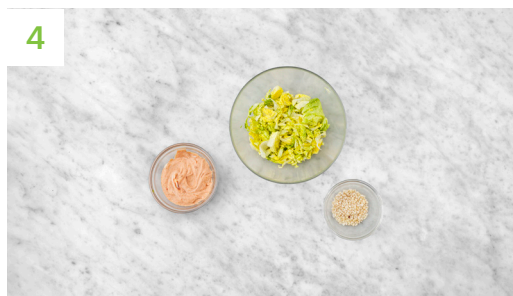
Carefully thread the **prawns** and **onion layers** onto skewers (2 per person) carefully alternating between the two.

Drizzle over some **oil** and season with **salt** and **pepper**. Pop on a large baking tray lined with foil.

When turning the **chips** halfway through, pop your **skewers** on the top shelf of your oven to cook for 10-12 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Make it Vegetarian

If you've chosen the **veggie** version, cut the **paneer** into 2cm cubes and thread onto the **skewers**. Cook, 12-15 mins instead.

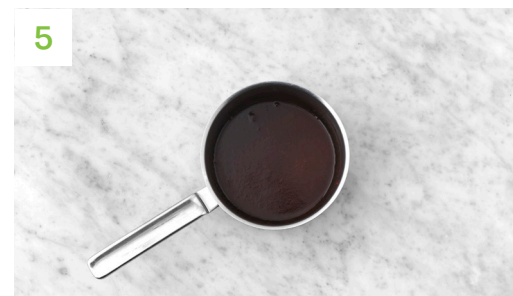


4 Build the Salad

While the **skewers** and **chips** cook, trim the **baby gem**, halve lengthways, then thinly slice.

In a medium bowl, combine the **mayo**, **sambal** (add less if you'd prefer things milder), **sugar** and **oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

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

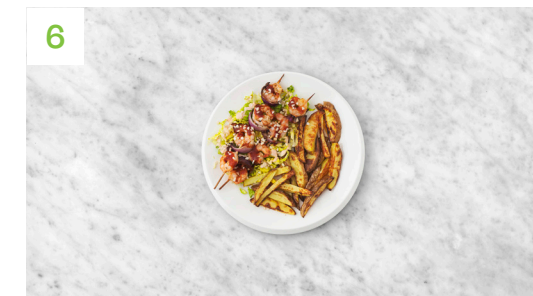


5 Final Touches

Pop a small saucepan on medium-low heat. Add the **gochujang paste** (add less if you'd prefer things milder) and **honey**.

Stir together and simmer until thickened, 2-3 mins. Stir in the **butter** (see pantry for amount) until melted. This is your **honey-gochujang sauce**.

Just before everything's ready, toss the **salad** through the **sambal dressing**.



6 Serve

Share the **skewers** between your plates. Drizzle the **honey-gochujang sauce** over each **skewer**.

Serve the **sambal salad** and **chips** alongside, along with some **ketchup** for dipping (see pantry for amount).

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

Enjoy!