



# Teriyaki Prawn Poke Style Bowl

with Zesty Jasmine Rice, Sugar Snaps and Kiwi Salsa

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

6



Jasmine Rice



Kiwi



Red Chilli



Lime



Sugar Snap Peas



Garlic Clove



King Prawns



Teriyaki Sauce



Salted Peanuts

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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
Teriyaki Sauce 11)	75g	125g	150g
Salted Peanuts 1)	25g	25g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>483g</b>	<b>100g</b>
Energy (kJ/kcal)	2188 /523	453 /108
Fat (g)	11.8	2.5
Sat. Fat (g)	2.0	0.4
Carbohydrate (g)	83.3	17.2
Sugars (g)	18.5	3.8
Protein (g)	21.1	4.4
Salt (g)	3.10	0.64

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, 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).



### Bring on the Prawns

Return the (now empty) pan to 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.



### 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!