



Takeaway Style Prawn Fried Rice

with Bell Pepper, Peas and Fried Egg

6

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



Bell Pepper



Spring Onion



Salted Peanuts



King Prawns



Ginger, Garlic & Lemongrass Puree



Peas



Soy Sauce



Sambal Paste



King Prawns

Pantry Items

Oil, Salt, Pepper, Egg

+ Double King Prawns

If you chose to double prawns, 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

Saucepan, lid, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Spring Onion**	2	3	4
Salted Peanuts 1	25g	40g	40g
King Prawns** 5	150g	225g	300g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Peas**	120g	180g	240g
Soy Sauce 11 13	25ml	40ml	50ml
Sambal Paste	15g	22g	30g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Egg*	2	3	4

*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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	545g	100g	620g	100g
Energy (kJ/kcal)	2299 /549	422 /101	2465 /589	397 /95
Fat (g)	14.6	2.7	15.1	2.4
Sat. Fat (g)	3.1	0.6	3.3	0.5
Carbohydrate (g)	73.5	13.5	73.5	11.8
Sugars (g)	10.1	1.9	10.1	1.6
Protein (g)	31.3	5.7	40.3	6.5
Salt (g)	4.42	0.81	5.44	0.88

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


Allergens

1) Peanut **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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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 **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

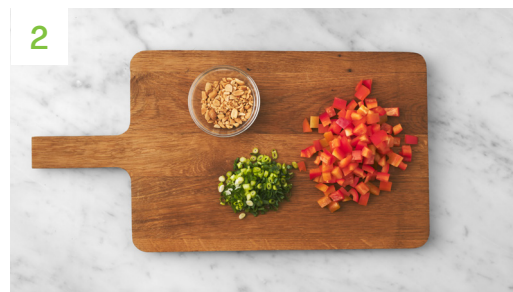
Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Egg

Meanwhile, heat a drizzle of **olive oil** in a medium frying pan on medium-high heat.

Once hot, crack in each **egg** (1 per person) and cook for 4-5 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Lower the heat as needed. **IMPORTANT: Ensure egg whites are fully cooked.**



Do the Prep

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Trim and thinly slice the **spring onions**. Crush the **peanuts** in the unopened sachet using a rolling pin.

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



Fried Rice Time

Once the **prawns** are cooked, add the **ginger, garlic & lemongrass puree**. Stir-fry until fragrant, 1 min.

Stir in the **cooked rice, peas, soy sauce** and **sambal paste** (add less if you'd prefer things milder). Cook until piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry. Remove from the heat.



Cook the Prawns

When the **rice** has 10 mins remaining, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pepper chunks** and fry until just soft, 3-4 mins. Continue to stir while it cooks.

Once the **pepper** has softened, add the **prawns** and **half the spring onion** to the pan.

Stir-fry until the **prawns** are cooked through, 4-5 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.**

+ Double King Prawns

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



Serve

Share the **fried rice** between your bowls.

Top with the **fried egg**.

Scatter over the **peanuts** and remaining **spring onion** to finish.

Enjoy!