



Takeaway Style Prawn Fried Rice

with Bell Pepper, Peas and Fried Egg

28

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Bell Pepper



Salted Peanuts



King Prawns



Indonesian Style
Spice Mix



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
Salted Peanuts 1)	25g	40g	40g
King Prawns** 5)	150g	225g	300g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22.5g	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	527g	100g	602g	100g
Energy (kJ/kcal)	2318 /557	442 /106	2522 /603	419 /100
Fat (g)	14.8	2.8	15.2	2.5
Sat. Fat (g)	3.1	0.6	3.3	0.6
Carbohydrate (g)	74.4	14.1	74.4	12.4
Sugars (g)	9.5	1.8	9.5	1.6
Protein (g)	32.7	6.2	43.2	7.2
Salt (g)	4.43	0.84	5.44	0.90

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.

 You can recycle me!

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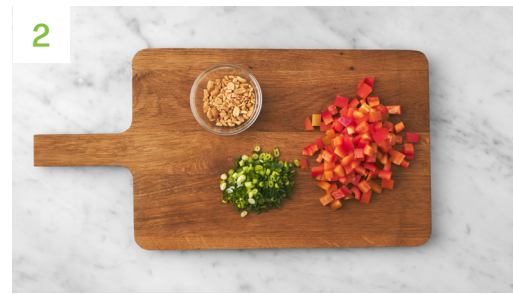


Cook the Rice

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).



Do the Prep

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

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

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

+ Double King Prawns

If you're doubling up on **king prawns**, cook the recipe in the same way.



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 stir-fry until just soft, 3-4 mins.

Once the **pepper** has softened, add the **prawns** 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.



Fry the Egg

If you would like to add a fried egg to your meal: 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.



Fried Rice Time

Once the **prawns** are cooked, add the **Indonesian style spice mix** and **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.



Serve

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

Scatter over the **peanuts** to finish.

If you have added an egg to your meal, top the rice with the fried egg.

Enjoy!