



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



Kiwi



Red Chilli



Spring Onion



Lime



Jasmine Rice



Sugar Snap Peas



Garlic Clove



King Prawns



Teriyaki Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Fine grater, bowl, saucepan, lid, garlic press, frying pan, aluminium foil and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Kiwi**	1	2	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lime**	1	1	1
Jasmine Rice	150g	225g	300g
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
King Prawns** 5)	150g	225g	300g
Teriyaki Sauce 11)	50g	75g	100g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	318g	100g	393g	100g
Energy (kJ/kcal)	1887 / 451	593 / 142	2106 / 503	536 / 128
Fat (g)	5.6	1.8	6.4	1.6
Sat. Fat (g)	1.0	0.3	1.2	0.3
Carbohydrate (g)	82.0	25.8	82.0	20.9
Sugars (g)	11.3	3.6	11.3	2.9
Protein (g)	20.5	6.4	32.3	8.2
Salt (g)	2.27	0.71	3.17	0.81

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

Allergens

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, milk, egg, mustard, celery, soya, 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.

Contact

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Make the Kiwi Salsa

Peel the **kiwi**, then cut into 1cm chunks. Halve the **red chilli** lengthways, deseed, then finely chop.

Trim and thinly slice the **spring onion**. Zest and halve the **lime**.

Pop the **kiwi**, **chilli** (add less if you'd prefer things milder) and **spring onion** into a bowl and 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.



Bring on the Prawns

Return the (now empty) pan to a medium-high heat and add a drizzle of **oil**. Drain the **prawns** and pat dry with kitchen paper.

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.

CUSTOM RECIPE

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



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).



Teriyaki Time

Remove the pan from the heat and pour in the **teriyaki sauce**.

Gently toss to combine and coat the **prawns** in the **sauce**.



Stir-Fry the Sugar Snaps

Halve the **sugar snaps** lengthways down the middle. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **sugar snap peas** 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.

Enjoy!