



# Teriyaki Prawn Poke Style Bowl

with Zesty Jasmine Rice, Green Beans and Kiwi Salsa

6

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



Kiwi



Red Chilli



Spring Onion



Lemon



Jasmine Rice



Green Beans



Garlic Clove



King Prawns



Salted Peanuts



Teriyaki Sauce

### Recipe Update

Due to quality issues with **sugar snap peas**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### 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.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Kiwi**	1	2	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lemon**	½	1	1
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
King Prawns** 5)	150g	225g	300g
Salted Peanuts 1)	25g	25g	40g
Teriyaki Sauce 11)	75g	125g	150g

  

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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	332g 2276/544	100g 685/164
Fat (g)	12.4	3.7
Sat. Fat (g)	2.2	0.7
Carbohydrate (g)	85.8	25.8
Sugars (g)	15.9	4.8
Protein (g)	23.4	7.1
Salt (g)	3.14	0.95

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, 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 **lemon**.

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

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



## 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).



## 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**.



## Stir-Fry the Green Beans

Trim the **green beans**. 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 **green beans** and stir-fry until tender, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins, then transfer to a bowl and cover with foil to keep warm.



## Finish and Serve

Fluff up the **rice** with a fork and stir through the **lemon zest**.

Share the **rice** between your bowls, then serve the **teriyaki prawns, kiwi salsa** (including the **juices**) and **green beans** in separate sections on top.

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

## Enjoy!