



Enjoy within 2 days

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Super Popular Firecracker Prawns with Chinese Leaf and Basmati

Just like dads, this recipe is a little wacky and has a remarkable personality. Another similarity between this recipe and the men who brought us up, is how special and highly popular it has been; we wouldn't normally toot our own horn, but when Patrick cooked this, he made a video to go with it that got 300,000 views in less than a week (we're pretty sure it was the fresh prawns!)! Go on, make your dad something special this week! www.HelloFresh.co.uk/Shrimp

30 mins

lactose free

spicy

healthy



Basmati Rice



Garlic Clove



Ginger



Spring Onion



Chinese Leaf



Prawns



Sesame Oil



Chilli Bean Paste



Tomato Purée



Rice Vinegar




Soy Sauce

Ingredients

	2P	4P
Basmati Rice	1 cup	2 cups
Garlic Clove, chopped	1	2
Ginger, chopped	1 tbsp	2 tbsp
Spring Onion, chopped	2	3
Chinese Leaf, sliced	½	1
Prawns 1	120g	250g
Sesame Oil 2	1 tbsp	2 tbsp
Chilli Bean Paste 3, 4	1 tbsp	2 tbsp
Tomato Purée	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Soy Sauce 3, 4	1 tbsp	2 tbsp

Nutrition per serving: Calories: 416 kcal | Protein: 18 g | Carbs: 66 g | Fat: 9 g | Saturated Fat: 2 g

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Crustaceans | **2)** Sesame
3) Gluten | **4)** Soya



1 Boil 350ml of water (exactly) in a pot with ¼ tsp of salt. Add the basmati rice and turn the heat to its lowest setting. Put a tight lid on the pot and leave for 10 mins. After 10 mins remove from the heat and leave for 10 more mins. Don't lift the lid for 20 mins in total or the rice won't cook properly.

if you don't like spicy food), the tomato purée, rice vinegar and soy sauce. Stir everything together and cook for a minute.



2 Peel the garlic then peel the ginger with the edge of a spoon. Crush them both under the flat of your knife, then very finely chop them. Chop the spring onions widthways into ½cm wide discs, then separate the white parts from the green. Cut your Chinese leaf in half through the root. Remove the root and slice half of it widthways into roughly 1cm slices.

6 Toss in the chinese leaf and cook for a minute before removing the pan from the heat. Stir the greens of the spring onion through the mixture and serve it on your rice.



3 Slice the prawns in half lengthways.



4 Heat the sesame oil in a large non-stick frying pan on high heat. Once it's hot add in the garlic, ginger and the whites of the spring onion. Cook for 30 seconds before adding in the prawns.

5 As soon as the prawns turn pink add in the chilli bean paste (less