






Cooking Made Easy

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Super Popular Firecracker Shrimp with Bok Choy and Basmati

We wouldn't normally toot our own horn, but when Patrick cooked this a few weeks ago, he made a video to go with it that got 300,000 views in less than a week! We think it's the combination of beautifully fresh prawns from James Knight, the simplicity of the recipe and the top notch restaurant-quality flavour. Or maybe it was Patrick's hands in the video?*

www.HelloFresh.co.uk/Shrimp



30 min



family box



seafood first



lactose free



spicy



Basmati Rice



Garlic Clove



Ginger



Spring Onion



Bok Choy



Prawns



Sesame Oil



Chilli Bean Paste



Tomato Purée



Rice Vinegar



Soy Sauce

Ingredients

	2P	4P
Basmati Rice	-	2 cups
Garlic Clove, chopped	-	2
Ginger, chopped	-	2 tbsp
Spring Onion, chopped	-	3
Bok Choy, chopped	-	3
Prawns, sliced 1	-	280g
Sesame Oil 2	-	2 tbsp
Chilli Bean Paste 3, 4	-	1½ tbsp
Tomato Purée	-	2 tbsp
Rice Vinegar	-	1½ tbsp
Soy Sauce 3, 4	-	2 tbsp

Nutrition per serving: Calories: 446 kcal | Protein: 24 g | Carbs: 74 g | Fat: 9 g | Saturated Fat: 1 g

⊕ May feature in another recipe

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

LH Step for little hands

Allergens

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



1 Boil 700ml of water (exactly) with ½ tsp of salt. Add the basmati rice and turn the heat to its lowest setting. Put a tight lid on the pan 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.

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 onion widthways into ½cm wide discs, then separate the white parts from the green. Finally, very finely chop your bok choy widthways.

6 Toss in the bok choy 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.

7 *We're pretty sure it was the fresh prawns.



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 if you don't like spicy food), the tomato purée, rice wine vinegar