



EXPRESS PRAWN FRIED RICE

with Peppers and Spring Onion



HELLO SESAME OIL

Sesame is one of the first oil-yielding plants from Egypt.



Red Pepper



Yellow Pepper



Spring Onion



King Prawns



Basmati Rice



Sesame Oil



Soy Sauce

MEAL BAG

10 mins

5 of your a day

Rapid recipe

14

GET PREPARED!

Get out your Utensils.

BEFORE YOU START

- 1 Get out your **Utensils**.
- 2 Wash the veggies.
- 3 Make sure you've got a **Large Frying Pan**. Let's start cooking the **Express Prawn Fried Rice with Peppers and Spring Onion**.



1 PREP TIME

- a) Halve the **peppers** and remove the cores and seeds. Chop into small pieces.
- b) Trim the **spring onion** then slice thinly.



2 START FRYING

- a) Heat a drizzle of **oil** in a large frying pan or wok on high heat.
- b) When hot, add the **peppers** and **half** the **spring onion** and stir-fry until starting to soften, 2-3 mins.



3 COOK THE PRAWNS

- a) Add the **prawns** and stir-fry for another 2 mins.



4 RICE TIME

- a) Squeeze the pouch of **rice**, open then tip the **rice** into your pan of **veggies** and **prawns**.
- b) Stir-fry for another 2-3 mins until the **rice** is piping hot and the **prawns** are cooked. **★ TIP:** Adjust the heat if necessary to prevent the rice from catching.
- c) **! IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.



5 FINISH UP

- a) Stir the **sesame oil** into the stir-fry. Season to taste with **salt** and **pepper** if needed.



6 SERVE

- a) Serve the **prawn fried rice** in bowls finished with a drizzle of **soy sauce** and the remaining **spring onion**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Red Pepper	1	2
Yellow Pepper	1	2
Spring Onion	2	4
King Prawns ⁵⁾	120g	250g
Basmati Rice ¹³⁾	250g	500g
Sesame Oil ³⁾	1 sachet	2 sachets
Soy Sauce ^{11) 13)}	1 sachet	2 sachets

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 385G	PER 100G
Energy (kcal)	375	98
(kJ)	1567	408
Fat (g)	15	4
Sat. Fat (g)	2	1
Carbohydrate (g)	44	11
Sugars (g)	7	2
Protein (g)	15	4
Salt (g)	2.71	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

³⁾ Sesame ⁵⁾ Crustaceans ¹¹⁾ Soya ¹³⁾ Gluten

! Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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