



PRAWN POKE BOWL

with Pickled Veggies and Sesame Seeds



NUTRITIONIST APPROVED



HELLO SESAME SEEDS

Sesame seeds are a rich source of B vitamins, especially vitamin B6. Vitamin B6 contributes to normal protein and glycogen metabolism.



King Prawns



Baby Gem Lettuce



Spring Onion



Coriander



Lime



Rice Vinegar



Honey



Red Chilli



Brown Basmati Rice



Carrot



Radish



Sesame Seeds

MEAL BAG

Hands on: **20** mins
Total: **35** mins

2 of your
5 a day

Little heat

Balanced

Under
550 calories

Low in sat fat

Poke (pronounced “poh-kay”) is a classic Hawaiian dish packed with crunchy vibrant vegetables layered up with a satisfying serving of zesty brown rice and power-packed pickles. They are often made with raw fish such as tuna but we’ve given the traditional recipe a fresh twist by serving ours with sticky honey and sesame prawns. To bring the different textures and flavours of this dish to life - crunchy baby gem, sticky prawns, creamy avocado and sharp pickles - divide everything up into segments on your plate and sprinkle with chilli.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Peeler, Fine Grater** and **Small Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Put a large saucepan of water with a generous pinch of salt on to boil. When boiling, stir in the **brown rice** and cook for 25 mins. **★ TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat.



2 PICKLE TIME

Meanwhile, trim the **carrot** then use a peeler to create long ribbons along the length of the **carrot**. Trim and finely slice the **radish**. Zest the **lime** then chop into wedges. In a large bowl, combine the **rice vinegar**, **half the lime juice** and a pinch of **sugar** (optional) with a pinch of **salt** and **pepper**. Add the **carrot** and **radish** and toss to combine. Set aside.



3 CHOP CHOP

Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Trim and finely slice the **spring onion**. Roughly chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop.



4 FRY THE PRAWNS

A few minutes before the **rice** is ready, heat a drizzle of **oil** in a small frying pan on medium heat. When hot, add the **prawns** and stir-fry for 2-3 mins. **! IMPORTANT:** The **prawns** are cooked when **pink on the outside** and **opaque in the centre**. Remove the pan from the heat and stir through the **honey**, a pinch of **chilli** and the **sesame seeds**.



5 FINISH

Stir the **lime zest**, **spring onion**, **coriander** and a pinch of **chilli** through the **rice** along with the remaining **lime juice**.



6 SERVE

Divide the **zesty rice**, **baby gem lettuce**, quick-pickled **carrot** and **radish** and **sweet chilli prawns** between your bowls (we like to arrange them in segments - like a poke pie chart). Finish with a sprinkling of remaining **red chilli** (if liked). **Enjoy!**

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
King Prawns 5) *	120g	180g	250g
Baby Gem Lettuce *	1	1½	2
Spring Onion *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Red Chilli *	½	½	½
Brown Basmati Rice	150g	225g	300g
Carrot *	1	2	2
Radish *	1 pack	1½ packs	2 packs
Sesame Seeds 3)	½ pot	¾ pot	1 pot

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 369G	PER 100G
Energy (kJ/kcal)	1632 / 390	443 / 106
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	67	18
Sugars (g)	14	4
Protein (g)	17	5
Salt (g)	0.80	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 5) Crustaceans

🧼 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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