



# Simple Soy and Honey Glazed Prawns

with Garlicky Beans and Bulgur Wheat



**CLASSIC** 25 Minutes • 1 of your 5 a day



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Bulgur Wheat



Vegetable Stock Powder



King Prawns



Soy Sauce



Honey

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar <b>14</b>	1 sachet	1½ sachets	2 sachets
Bulgur Wheat <b>13</b>	180g	240g	360g
Water for the Bulgur*	360ml	480ml	720ml
Vegetable Stock Powder <b>10</b>	1 sachet	1½ sachets	2 sachets
King Prawns <b>5</b> **	150g	250g	300g
Soy Sauce <b>11</b> <b>13</b>	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	344g	100g
Energy (kJ/kcal)	2050 /490	596 /142
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	85	25
Sugars (g)	15	4
Protein (g)	27	8
Salt (g)	4.92	1.43

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans **10** Celery **11** Soya **13** Gluten **14** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan on medium-high heat, add the **onion** and season with **salt** and **pepper**. Stir together and cook until really soft, 7-8 mins, stirring occasionally.



## 2. Get Prepped

While the **onion** cooks, trim the **beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Finely chop the **flat leaf parsley** (stalks and all).



## 3. Cook the Bulgur

Once the **onion** is nicely softened, add the **balsamic vinegar** and cook for 1 minute more, then add the **bulgur wheat** along with the **water** (see ingredient list for amount). Stir in the **vegetable stock powder** and bring to the boil. Simmer for 1 minute, then cover the **mixture** with a lid, remove from the heat and leave to the side for 12-15 mins, or until the rest of the meal is ready.



## 4. Cook the Beans

Ten minutes before the **bulgur wheat** is cooked, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beans** and season with **salt** and **pepper**. Stir-fry until they are softened and are slightly charred, 5-6 mins.



## 5. Prawn Time

Once the **beans** are tender, add the **prawns** to the pan along with the **garlic**. Stir-fry until the **prawns** are cooked, 4-5 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque all the way through.** Once cooked, remove from the heat and add the **soy sauce** and **honey**. Stir together.



## 6. Finish and Serve

Fluff up the **bulgur wheat** with a fork, add the **prawns**, **beans**, any **sauce** left in the pan and **half** the **parsley**. Stir together. Add **salt** and **pepper** to taste, then serve in bowls with the remaining **parsley** sprinkled on top.

**Enjoy!**