



# Simple Spiced Glazed Prawns with Garlicky Green Beans and Bulgur Wheat

Calorie Smart 25 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

28



Red Onion



Green Beans



Garlic Clove



Bulgur Wheat



Vegetable Stock  
Paste



King Prawns



Thai Style Spice  
Blend



Ketjap Manis



Honey

**Pantry Items**  
Water

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, measuring jug and frying pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Green Beans**	150g	300g	300g
Garlic Clove**	1	2	2
Water for the Bulgur*	360ml	480ml	720ml
Bulgur Wheat <b>13</b>	180g	240g	360g
Vegetable Stock Paste <b>10</b>	15g	20g	30g
King Prawns** <b>5</b>	150g	225g	340g
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11</b>	1 sachet	2 sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	324g	100g
Energy (kJ/kcal)	2061/493	635/152
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	87	27
Sugars (g)	20	6
Protein (g)	27	8
Salt (g)	3.24	1.00

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

3) Sesame 5) Crustaceans 10) Celery 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Cook the Onion

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



## Prep the Veg

While the **onion** cooks, trim the **beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press).



## Bring on the Bulgur

Once the **onion** has softened, add a pinch of **sugar** (if you have any) and cook for 1 min more. Stir in the **water for the bulgur wheat** (see ingredients for amount) and **veg stock paste** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Fry the Beans

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **beans** and season with **salt** and **pepper**. Stir-fry until they are softened and slightly charred, 5-6 mins. Add the **garlic** and cook, stirring, for 1 min more.



## Prawn Time

Once the **beans** are tender, add the **prawns** and **Thai style spice blend** (add less if you don't like heat) to the frying pan. Stir-fry for 2-3 mins. Stir in the **ketjap manis** and **honey**, then simmer until the **sauce** is sticky and the **prawns** are cooked, 1-2 mins. Once cooked, remove the pan from the heat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



## Finish and Serve

Fluff up the **bulgur wheat** with a fork, then stir through the **prawns**, **beans** and any **sauce** left in the pan. Taste and season with **salt** and **pepper** if needed, then serve in bowls.

## Enjoy!

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6-13

