



# Teriyaki Prawn Poke Style Bowl

with Zesty Jasmine Rice, Green Beans and Kiwi Salsa

28

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Kiwi



Red Chilli



Spring Onion



Lime



Green Beans



Garlic Clove



King Prawns



Salted Peanuts



Teriyaki Sauce



King Prawns

### Recipe Update

Due to quality issues with **sugar snap peas**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

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

## Cooking tools

Saucepan, lid, fine grater, bowl, garlic press, frying pan, lid and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Kiwi**	1	2	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lime**	1	1	1
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
King Prawns** 5)	150g	225g	300g
Salted Peanuts 1)	25g	25g	40g
Teriyaki Sauce 11)	75g	125g	150g
King Prawns**	300g	450g	600g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	343g	100g	418g	100g
Energy (kJ/kcal)	2292 /548	668 /160	2512 /600	601 /144
Fat (g)	12.4	3.6	13.1	3.1
Sat. Fat (g)	2.2	0.6	2.4	0.6
Carbohydrate (g)	87.2	25.4	87.2	21.9
Sugars (g)	15.4	4.5	15.4	3.7
Protein (g)	23.7	6.9	35.5	8.5
Salt (g)	3.01	0.88	3.91	0.94

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
Point™ values based on low-cal cooking spray oil.

## Allergens

1) Peanut 5) Crustaceans 11) Soya

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.

## Contact

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Prawns

Return the (now empty) pan to a medium-high heat with a drizzle of **oil**. Drain the **prawns**.

Once hot, add the **prawns** to the pan. Season with **salt** and **pepper** and cook for 4-5 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

## CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



Weight Watchers



## Make the Kiwi Salsa

Peel the **kiwi**, then cut into 1cm chunks. Halve the **red chilli** lengthways, deseed, then finely chop.

Trim and thinly slice the **spring onion**. Zest and halve the **lime**.

Pop the **kiwi**, **chilli** (add less if you'd prefer things milder) and **spring onion** into a medium bowl. Squeeze in the **lime juice** and **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**, mix together, then set aside.



## Teriyaki Time

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **prawns** are cooked, remove the pan from the heat and pour in the **teriyaki sauce**.

Gently toss to combine and coat the **prawns** in the **sauce**.



## Stir-Fry the Green Beans

Trim and halve the **green beans**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of oil in a large frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins, then pop the **green beans** into a bowl and cover to keep warm.



## Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **zesty rice** between your bowls, then serve the **teriyaki prawns**, **kiwi salsa** (including the **juices**) and **green beans** in separate sections on top.

Sprinkle over the **crushed peanuts** to finish.

Enjoy!