



Teriyaki Prawn Poke Style Bowl

with Jasmine Rice, Sugar Snaps and Kiwi Salsa

28

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



Kiwi



Red Chilli



Spring Onion



Lime



Jasmine Rice



Sugar Snap Peas



Garlic Clove



King Prawns



Teriyaki Sauce

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Peeler, fine grater, bowl, saucepan, lid, garlic press, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Kiwi**	1	2	2
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Lime**	1	1	1
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
King Prawns** 5)	150g	225g	340g
Teriyaki Sauce 11)	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	316g	100g
Energy (kJ/kcal)	1858 /444	589 /141
Fat (g)	5.6	1.8
Sat. Fat (g)	0.9	0.3
Carbohydrate (g)	80.7	25.6
Sugars (g)	14.8	4.7
Protein (g)	20.4	6.5
Salt (g)	2.25	0.71

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

Allergens

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Make the Kiwi Salsa

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

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

Pop the **kiwi**, **chilli** and **spring onion** into a bowl and squeeze in the **lime juice** and **olive oil for the salsa** (see ingredients for amount). Season with **salt and pepper**, mix together then set aside.



4 Cook the Prawns

Return the pan to a medium-high heat and add a drizzle of **oil**.

Once hot, add the **prawns**. Season with **salt and pepper** and cook for 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



2 Cook the Rice

Pour the **cold water for the rice** (see ingredients 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).



5 Add the Sauce

Remove the pan from the heat and add the **teriyaki sauce** to the pan. Gently toss to combine and coat the **prawns** in the **sauce**.



3 Stir-Fry the Sugar Snaps

Halve the **sugar snaps** lengthways down the middle. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **sugar snap peas** and stir-fry until tender, 2-3 mins.

Stir in the **garlic** and cook for 1 min, then pop the **sugar snaps** into a bowl and cover with foil to keep warm.



6 Serve

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

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

Enjoy!

Scan to get your exact PersonalPoints™ value

