



Honey Ginger Prawns with stir-fried broccoli and jasmine rice

Family 30-35 mins • Eat me first

4



Prawns



Jasmine Rice



Broccoli



Ginger



Lime



Peanuts



Garlic



Onion



Soy Sauce



Honey



Ketjap Manis

Pantry Items: Oil, Salt, Pepper, Water

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Prawns	180 g	360 g
Jasmine Rice	150 g	300 g
Broccoli	1 unit	1 unit
Ginger	1 unit	2 units
Lime	1 unit	2 units
Peanuts	20 g	40 g
Garlic	2 units	4 units
Onion	½ unit	1 unit
Soy Sauce	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	404.5 g	100 g
Energy (kJ/kcal)	2154.8 kJ/ 515 kcal	532.7 kJ/ 127.3 kcal
Fat (g)	8.1 g	2 g
Sat. Fat (g)	1.3 g	0.3 g
Carbohydrate (g)	81.2 g	20.1 g
Sugars (g)	12.4 g	3.1 g
Protein (g)	31.2 g	7.7 g
Salt (g)	3.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



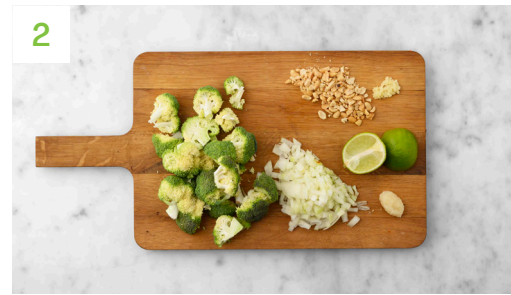
Cook the Rice

- Add 300ml cold **water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



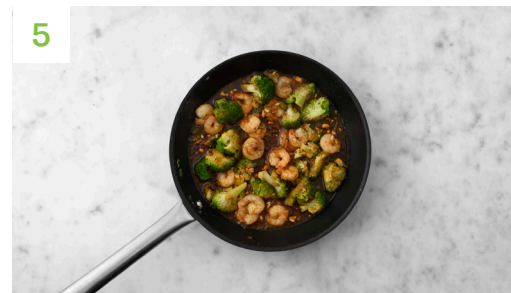
Char the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** and **onion** until slightly charred, 2-3 mins.
- Add the **garlic** and cook until fragrant, 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.



Get Prepped

- Meanwhile, cut the **broccoli** into florets (like small trees). Halve any large florets.
- Peel and grate the **ginger** and **garlic**. Use a teaspoon to easily scrape away the **ginger's** peel.
- Halve the **lime**.
- Roughly chop the **peanuts**.
- Halve and peel the **onion**. Chop **half** (double for 4p) into small pieces.



Cook the Prawns

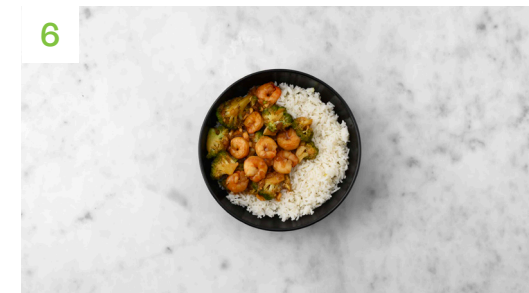
- Pat the **prawns** dry with kitchen paper.
- **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Add the **prawns** to the pan and fry until cooked through, 4-5 mins.
- Add the sauce to the pan and stir until warmed, 1-2 mins.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if the sauce is too dry.



Make the Sauce

- In a medium bowl mix the **soy sauce**, **ketjap manis**, **honey** and **ginger**.
- Stir in 4 tsp **lime** juice and 1 tbsp **oil** (double both for 4p).
- Add the chopped **peanuts** and mix well to combine.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Serve the **prawns** and veg on top.

Enjoy!