



Honey Ginger Prawns

with stir-fried broccoli and jasmine rice

Calorie Smart 30 – 35 mins • Eat me first

11



Prawns



Honey



Jasmine Rice



Broccoli



Ginger



Lime



Peanuts



Garlic



Onion



Ketjap Manis



Sweet Asian Sauce

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

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
Honey	1 sachet	2 sachets
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	1 unit	2 units
Ketjap Manis	1 sachet	2 sachets
Sweet Asian Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	432 g	100 g
Energy (kJ/kcal)	2267.7 kJ/ 542 kcal	524.9 kJ/ 125.5 kcal
Fat (g)	8.3 g	1.9 g
Sat. Fat (g)	1.3 g	0.3 g
Carbohydrate (g)	92.4 g	21.4 g
Sugars (g)	18.8 g	4.4 g
Protein (g)	31 g	7.2 g
Salt (g)	2 g	0.5 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.

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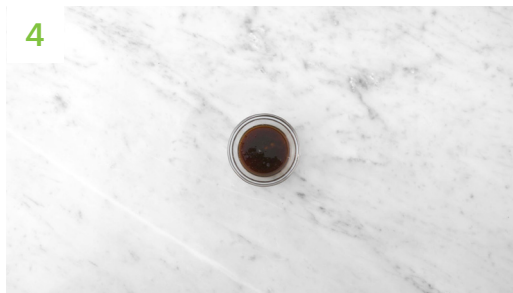


You can recycle me!



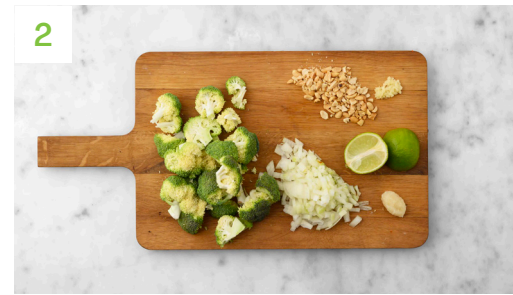
Cook the Rice

- Add 300ml cold **salted 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).



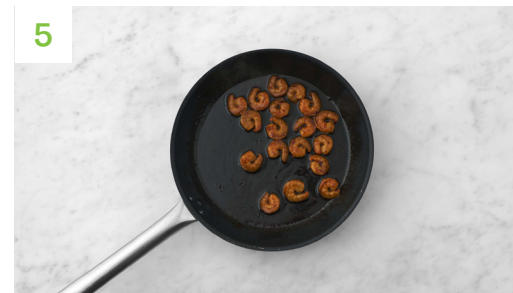
Make the Sauce

- Meanwhile, add the **sweet Asian sauce, ketjap manis, honey** and **ginger** to a small bowl.
- Pour in the **lime** juice and 1 tbsp **oil** (double for 4p).
- Mix well to combine.



Get Prepped

- Meanwhile, trim the bottom of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Peel and grate the **ginger** and **garlic**. Use a teaspoon to easily scrape away the **ginger's** peel.
- Juice the **lime**.
- Roughly chop the **peanuts**.
- Halve and peel the **onion**. Chop into small pieces.



Fry the Prawns

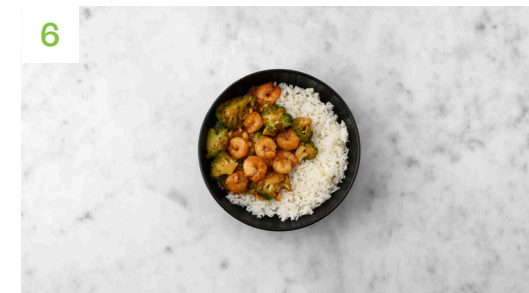
- Return the pan to medium-high heat with another drizzle of **oil**.
- Once hot, fry the **prawns** until cooked through, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Add the sauce and veg to the pan and cook, stirring, until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**.

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



Char the Veg

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



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **prawns** and veg.
- Scatter the chopped **peanuts** over the top.

Enjoy!