



Bang Bang Prawn Bowl

with fragrant rice and sweet chilli sauce

30 – 35 mins • Eat me first

4



Prawns



Breadcrumbs



Carrot



Scallion



Cucumber



Sweet Chilli Sauce



Soy Sauce



Red Wine Vinegar



Aioli



Jasmine Rice



Diced Chicken



Diced Chicken



Prawns

Pantry Items: Salt, Oil, 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper, pan with lid, pot with lid

Ingredients

	2P	4P
Prawns	150 g	300 g
Breadcrumbs	1 pack	1 pack
Carrot	1 unit	2 units
Scallion	2 units	4 units
Cucumber	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Red Wine Vinegar	½ sachet	1 sachet
Aioli	2 sachets	4 sachets
Jasmine Rice	150 g	300 g
Diced Chicken	260 g	520 g
Diced Chicken	260 g	520 g
Prawns	300 g	600 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	799 kJ / 191 kcal	790 KJ / 189 kcal	718 KJ / 172 kcal	717 KJ / 171 kcal
Fat (g)	9.4 g	8.6 g	7.5 g	8.1 g
Sat. Fat (g)	1 g	0.9 g	0.8 g	0.9 g
Carbohydrate (g)	21.9 g	19.4 g	16.7 g	18.6 g
Sugars (g)	4.2 g	3.7 g	3.2 g	3.6 g
Protein (g)	4.9 g	8.7 g	9.4 g	6.3 g
Salt (g)	1.1 g	0.8 g	0.9 g	1.1 g

See site or app for detailed nutritional info.

Allergens

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

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

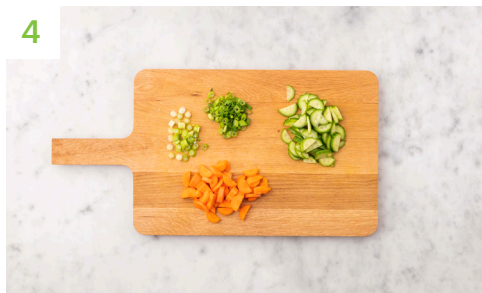


You can recycle me!



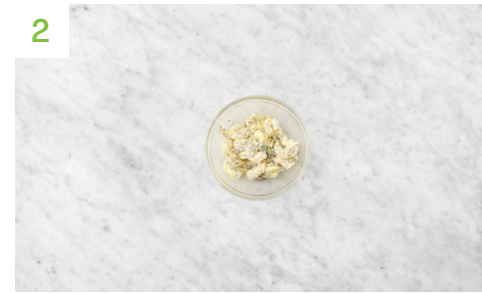
Cook Your Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Add 300ml cold **salted water** (per 2P) 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. 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).



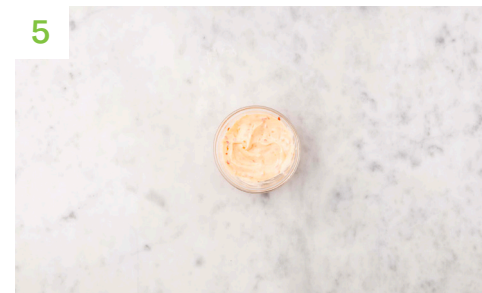
Prep the Veg

- Meanwhile, trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.
- Trim the **cucumber** and halve lengthways. Thinly slice widthways.
- Trim and thinly slice the **scallion**. Separate the green portions from the white.



Coat the Prawns

- Pat the **prawns** dry with kitchen paper, transfer to a bowl and season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Toss with **half** the **aioli** then coat with the **breadcrumbs**.



Make the Bang Bang Sauce

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** until tender, 4-5 mins.
- Add **soy sauce** and the whites of the **scallion** and cook for 1-2 mins.
- Remove the pan from the heat and cover to keep the veg warm. Season with **salt** and **pepper**.
- To make the bang bang sauce, combine **half** a **vinegar** sachet (per 2P), the **sweet chilli sauce** and the remaining **aioli** in a bowl.



Bake the Prawns

- Place the **prawns** on a lined baking tray.
- Drizzle over some **oil** and cook in the oven for 8-10 mins. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



Serve and Enjoy

- Fluff up the **rice** with a fork and divide between bowls.
- Top with crispy **prawns**, fried veg and sliced **cucumber**.
- Finish with a drizzle of bang bang sauce and a sprinkling of green **scallion**.

Enjoy !

CUSTOM OPTIONS



DICED CHICKEN BREAST

Adding chicken? Add it to the pan along with the carrot and fry until cooked through, 8-10 mins.



DICED CHICKEN BREAST

Swapping to chicken? Place the chicken on a lined baking tray after coating in breadcrumbs and half the aioli. Bake in the oven until cooked through and crispy, 16-20 mins.