

Korean Sesame Prawn Stir Fry

with Eggs

hellóchef

This one requires some chopping, but it'll all be worth it in the end!

Cals 481 • Prot 45 • Carbs 56 • Fat 11

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🕒 cook: 30 min

R2797

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Prawns	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Honey	15	15	30	Grams
Sesame seeds 3*	10	15	20	Grams
Chilli flakes	2	2	2	Grams
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp
For stir fry				
Red pepper	1	2	2	Piece
Broccoli	200	300	400	Grams
Carrot	2	2	3	Piece
Green beans	150	250	250	Grams
Spring onion	40	60	80	Grams
Sugar snap peas	150	200	300	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Brown sugar	10	15	15	Grams
Vegetable oil	3	5	6	Tbsp
To serve				
Organic Eggs 5*	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	0.5	Tsp

Allergens

***7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2010 / 481
Fat (g)	10.8
of which saturates (g)	2.9
Carbohydrate (g)	56
of which sugars (g)	27.9
Fiber (g)	14.4
Protein (g)	44.7
Salt (g)	3.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate prawns

Pat the **prawns** dry with kitchen paper and transfer them to a bowl. Peel and crush the **garlic**. Peel and grate the **ginger**. Add the **garlic, ginger, soy sauce, honey, sesame seeds, chilli flakes (spicy!)** and **black pepper** to the **prawns**. Mix well and set aside.



2 Prep vegetables

Slice the bell **pepper** into thin sticks. Separate the **broccoli** into florets. Peel and chop the **carrot** into thin sticks. Trim the **green beans**. Slice the **spring onion** into thin sticks. Slice the **sugar snap peas** on the diagonal. Combine the **soy sauce** with the **brown sugar** in a small bowl or glass.



3 Boil and fry

Cook the **green beans** in boiling water for 3-4 min or until tender. Drain. Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **prawns** to the pan along with their marinade. Fry for 2-3 min until the **prawns** are pink in colour and cooked through, but not rubbery (see pro tip). Transfer the **prawns** and all of their **sauce** to a plate. Set aside.



4 Fry vegetables

Wipe the pan clean and return it to a high heat with a generous drizzle of **vegetable oil**. Once hot, add the bell **pepper, broccoli, carrots** and **green beans**. Stir-fry for 2-3 min. Add the **spring onion** and **sugar snap peas**, and fry for 1-2 min further.



5 Fry eggs

Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**. Crack the **eggs** into the pan and fry for 2-4 min or until cooked to your liking. For a set egg yolk, cover the pan with a lid. Season with a pinch of **salt**.



6 Combine and serve

Add the **soy sauce** and **brown sugar** mix to the **vegetable** stir-fry and fry for a final 1 min. Return the **prawns** and all of their **sauce** to the pan and give everything a good toss. Serve the fried **eggs** over the stir-fry.