Korean Sesame Prawn Stir Fry

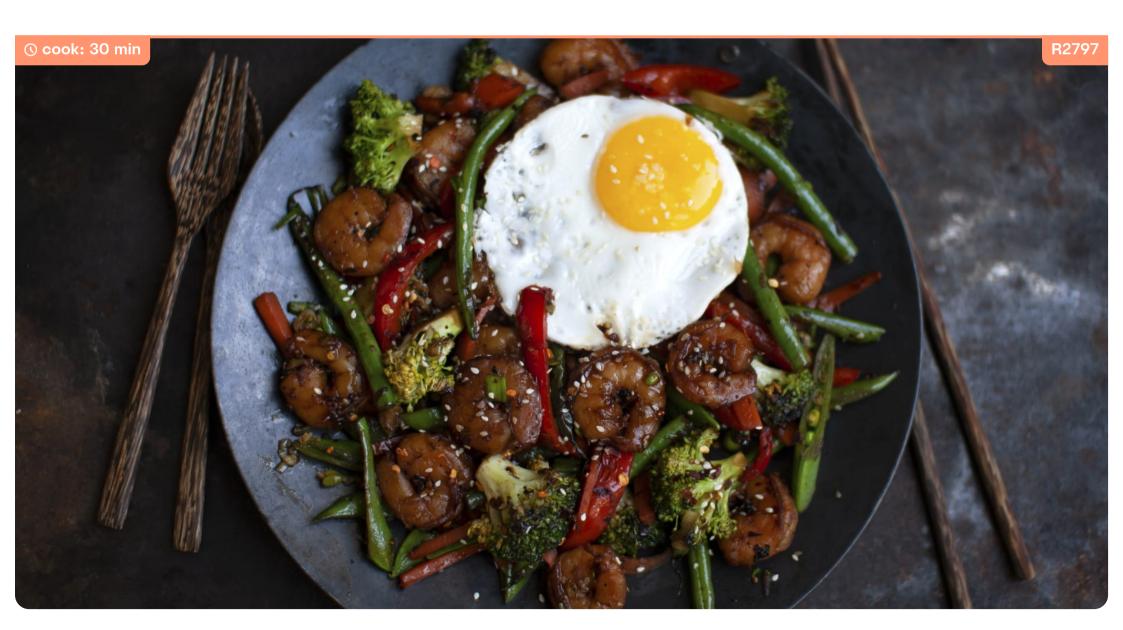
with Eggs

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

hellóchef

Cals 481 • Prot 45 • Carbs 56 • Fat 11

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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.



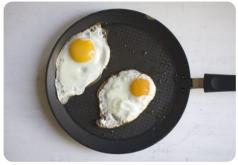
3 Boil and fry

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.