

# Kung Pao Prawn Stir-fry

## with Jasmine Rice

**hellóchef**

Skip the restaurant take-out in favour of this tasty Chinese supper.

Cals 761 • Prot 41 • Carbs 115 • Fat 20

[hellochef.com](https://hellochef.com) • 04-383-93-99 • [hello@hellochef.com](mailto:hello@hellochef.com)

🕒 cook: 25 min

R3028



Before you start

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

Ingredients

Stir-fry	2 ppl	3 ppl	4 ppl	
Prawns <b>7*</b>	350	525	700	Grams
Corn starch	20	30	40	Grams
Yellow pepper	1	2	2	Piece
Spring onion	40	60	80	Grams
Snow peas	150	200	300	Grams
Vegetable oil	1	2	2	Tbsp
Sauce				
Sweet chilli sauce	40	60	80	ML
Ginger garlic paste	15	20	30	Grams
Hoisin sauce <b>3*, 9*, 10*</b>	30	40	60	Grams
Soy sauce <b>9*, 10*, 11*</b>	20	20	40	ML
Rice vinegar	15	22	30	ML
Sesame oil <b>3*, 9*</b>	15	22	30	ML
Sriracha sauce	14	21	28	Grams
Water	50	75	100	ML
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
To serve				
Chilli flakes	2	2	4	Grams
Salted peanuts <b>1*</b>	40	60	80	Grams

Allergens

**\*7 Crustaceans, \*3 Sesame Seeds, \*9 Soya, \*10 Wheat, \*11 Gluten, \*1 Peanuts**

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)	3184 / 761
Fat (g)	20.1
of which saturates (g)	2.9
Carbohydrate (g)	115
of which sugars (g)	22.1
Fiber (g)	7.5
Protein (g)	41.4
Salt (g)	13.4

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



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Start sauce

Meanwhile, to a pan, add the **sweet chilli sauce, ginger garlic paste, hoisin sauce, soy sauce, rice vinegar, sesame oil, sriracha (spicy!)** and a pinch of **chilli flakes (spicy!)**. Reserve the remaining **chilli flakes**. In a separate small glass, whisk (1/1.5/2) tsp of **corn starch** with the **measured water**. Add the **starch mix** to the pan.

**Tip!** if cooking for kids, cook the sauce as instructed leaving out the sriracha and chilli flakes. Once cooked, set aside a portion and add the sriracha and chilli flakes to the remaining sauce



3 Simmer sauce

Place the sauce pan over a medium heat and cook, whisking continuously, until the mixture starts to bubble. Once bubbling, reduce the heat to low and cook, stirring, for 2 min further or until glossy and thickened. Set aside. This is your **stir-fry sauce**.



4 Prep

Drain the **prawns** on kitchen paper and add them to a large bowl with the remaining **corn starch** and toss until coated. Deseed and roughly chop the **pepper**. Trim and finely slice the **spring onion**. Trim and slice the **snow peas** in half.



5 Stir-fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and cook for 2-3 min until pink and cooked through. Transfer to a plate. Return the pan to a medium-high heat and fry the **pepper** for 3 min. Add the **snow peas** and fry for 3 min further. Add the **spring onion** and the **prawns** to the pan. Fry for a final 2 min until the **prawns** are cooked through.

**Tip!** If cooking for kids, set a portion of the prawns, pepper and snow peas aside before adding the spring onion.



6 Combine

Add the **stir-fry sauce** to the pan and toss. Add the **salted peanuts**. Serve over the **rice** and garnish with a pinch of the remaining **chilli flakes (spicy!)**.

**Tip!** If cooking for kids, serve the plain prawns, pepper, snow peas, peanuts, spring onion and milder sauce separately.