

Crispy Dynamite Prawns

with Fried Rice

hellóchef

Our sweet and spicy dynamite sauce works equally well as a dipping sauce!

Cals 1005 • Prot 42 • Carbs 138 • Fat 35

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R3138



Before you start

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

Ingredients

Prawn	2 ppl	3 ppl	4 ppl	
Jumbo prawns 7*	300	450	600	Grams
Organic Eggs 5*	1	2	2	Piece
Soy sauce 9*, 10*, 11*	10	20	20	ML
Panko bread crumbs 10*, 11*, 12*	90	120	180	Grams
Plain flour 10*, 11*	50	100	100	Grams
Vegetable oil	1	1	2	Tbsp
Fried rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Carrot	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Spring onion	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Sesame oil 3*, 9*	15	22	30	ML
Tamari 9*	15	22	30	ML
Edamame beans 9*	100	150	200	Grams
Sauce				
Sriracha sauce	21	28	28	Grams
Sweet chilli sauce	40	80	80	ML
Chilli flakes	2	2	2	Grams
Salt	0.5	0.5	1	Tsp
Mayonnaise 5*, 9*, 13*	50	100	100	Grams

Allergens

***7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *13 Mustard**

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)	4207 / 1005
Fat (g)	35.4
of which saturates (g)	7.5
Carbohydrate (g)	138
of which sugars (g)	16.1
Fiber (g)	7.9
Protein (g)	42.2
Salt (g)	4.6

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



1 Cook 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 Bread prawns

Meanwhile, drain the **prawns** on kitchen paper. Whisk the **eggs** in a shallow bowl with the **soy sauce**. In a separate bowl add the **panko bread crumbs**. Add the **flour** with a pinch of **salt** to a third and final bowl. Add the **prawns** to the **flour**, before dipping them in the beaten **eggs**. One by one, coat the **prawns** in the **bread crumbs**. Refrigerate.



3 Make fried rice

Peel and grate the **carrots**. Peel and mince the **garlic**, finely chop the **spring onion**. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **garlic** and **carrots**. Fry for 1 min. Add the **rice**, **tamari** and **edamame**. Cook for 2 min. Remove from the heat and add the **spring onion** and **sesame oil**. Set aside and keep warm.



4 Fry prawns

Meanwhile, heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the breaded **prawns** and cook for 2 min on either side or until golden and crispy.



5 Make sauce

In a bowl, mix the **sriracha (spicy!)**, **sweet chilli sauce(spicy!)**, a pinch of **chilli flakes (spicy!)**, **salt** and the **mayonnaise**.



6 Serve

Divide the **fried rice** amongst plates and top with the crispy **prawns**. Drizzle the **dynamite sauce** over the **prawns**.