

# Ginger Chilli Prawns with Jasmine Rice and Sesame Spinach

hellóchef

These prawns are tossed in an aromatic ginger and chilli sauce before being served over steaming jasmine rice.

Cals 666 • Prot 40 • Carbs 105 • Fat 15

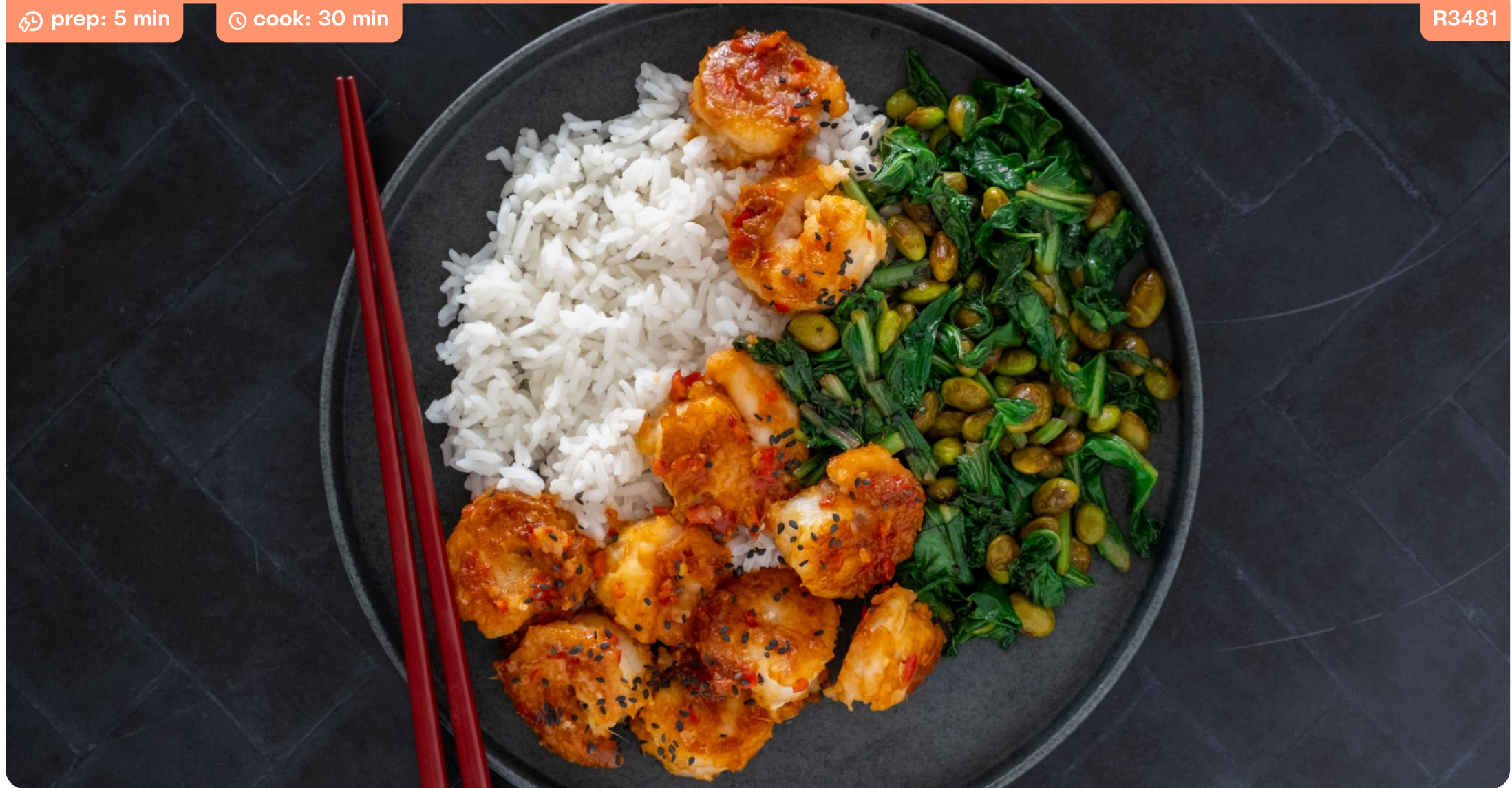
Quick Prep

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

⚡ prep: 5 min

🕒 cook: 30 min

R3481



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	
Jumbo prawns 7*	300	450	600	Grams
Large red chilli	1	1	1	Piece
Ginger	30	30	45	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Chilli jam	28	28	56	Grams
Garlic powder	4	5	8	Grams
Rice vinegar	15	22	30	ML
Corn starch	30	30	60	Grams
Vegetable oil	2	3	4	Tbsp
Black sesame seeds 3*	10	15	20	Grams
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Sesame veg				
Spinach	200	300	450	Grams
Vegetable oil	1	2	2	Tbsp
Edamame beans 9*	100	150	200	Grams
Tamari 9*	15	22	30	ML
Sesame oil 3*, 9*	15	22	30	ML

Allergens

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

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)	2786 / 666
Fat (g)	15
of which saturates (g)	2
Carbohydrate (g)	105
of which sugars (g)	11.1
Fiber (g)	8.1
Protein (g)	39.6
Salt (g)	3.9

\*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 Make glaze

Meanwhile, finely chop the **red chilli**. Peel and grate the **ginger**. In a small bowl, mix together the **soy sauce, chilli jam**, [0.5/1/1] **red chilli (spicy!)**, **ginger, garlic powder** and **rice vinegar**. This is your **ginger chilli glaze**.



3 Coat prawns

In a second bowl, toss the **prawns** in the **corn starch**.



4 Fry prawns

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and fry for 2-3 min on each side. Add the **glaze** and cook for 2 min or until the **glaze** begins to thicken.



5 Fry veg

Meanwhile, roughly chop the **spinach**. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **spinach** and fry for 2 min or until the **spinach** starts to wilt. Add the **edamame** and **tamari** and fry for 1 final min. Remove from the heat, add the **sesame oil** and toss.

**Tip!** Don't overcrowd your pan! Otherwise you'll end up stewing, not frying your vegetables.



6 Serve

Serve the **ginger chilli prawns** over the **jasmine rice** and the **sesame spinach** alongside. Top the **prawns** with the **sesame seeds**.