



Honey Ginger Prawns

with stir-fried broccoli and jasmine rice

Family 30-35 mins • Eat me first

4



Prawns



Jasmine Rice



Broccoli



Ginger



Lime



Peanuts



Garlic



Onion



Soy Sauce



Honey



Ketjap Manis

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Colander, Lid, Pot

Ingredients

	2P	4P
Prawns	180 g	360 g
Jasmine Rice	150 g	300 g
Broccoli	1 unit	1 unit
Ginger	1 unit	2 units
Lime	1 unit	2 units
Peanuts	20 g	40 g
Garlic	2 units	4 units
Onion	½ unit	1 unit
Soy Sauce	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	404.5 g	100 g
Energy (kJ/kcal)	2131.9 kJ/ 509.5 kcal	527 kJ/ 126 kcal
Fat (g)	8.1 g	2 g
Sat. Fat (g)	1.3 g	0.3 g
Carbohydrate (g)	79.7 g	19.7 g
Sugars (g)	12.4 g	3.1 g
Protein (g)	31.2 g	7.7 g
Salt (g)	3.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

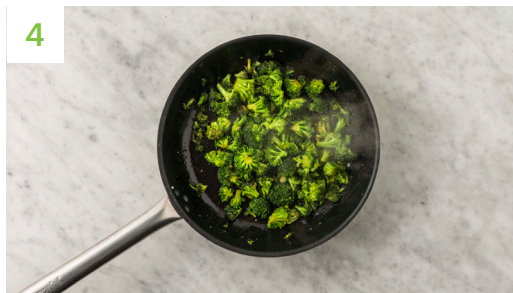


You can recycle me!



Cook the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



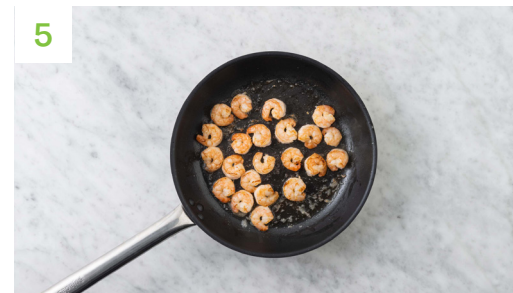
Stir-fry the Veg

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, stir-fry the chopped **onion** and **broccoli** for 6-8 mins.
- Add the **garlic** and the remaining **ginger** at the last minute. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



Get Prepped

- Meanwhile, boil a large pot of **water** for the **broccoli**.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Squeeze the juice from the **lime** and roughly chop the **peanuts**. Peel and grate the **garlic** (or use a garlic press).
- Halve and peel the **onion**. Chop half (double for 4p) into small pieces.



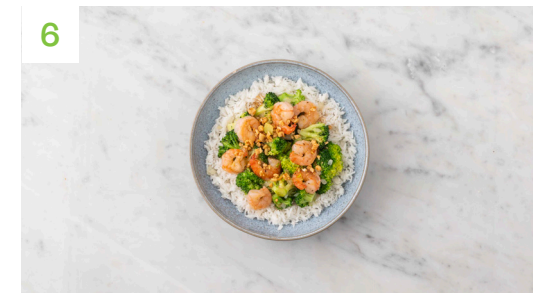
Cook the Prawns

- Pat the **prawns** dry with kitchen paper.
- Return the (now empty) pan to a medium heat with a drizzle of **oil**.
- Once hot, fry the **prawns** for 4-5 mins.
- Season with **salt** and **pepper**.



Make the Dressing

- When **water** is boiling cook the **broccoli**, covered, for 3 mins.
- Drain and rinse under cold **water**.
- Meanwhile, in a medium bowl mix **soy sauce**, **ketjap manis**, **honey** and half the **ginger**.
- Stir in 4 tsp **lime** juice and 1 tbsp **oil** (double both for 4p).
- Add the chopped **peanuts**.



Dish Up

- Divide **rice** between bowls and place the **broccoli** and **onion** on top.
- Garnish with the **prawns**.
- Drizzle with the **honey**, **ginger** and **lime** dressing.

Enjoy!