



Simple Soy and Honey Glazed Prawns

with Garlicky Beans and Bulgur Wheat



CLASSIC 25 Minutes • 1 of your 5 a day



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Bulgur Wheat



Vegetable Stock Powder



King Prawns



Soy Sauce



Honey

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar 14	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13	180g	240g	360g
Water for the Bulgur*	360ml	480ml	720ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
King Prawns 5 **	150g	250g	300g
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	344g	100g
Energy (kJ/kcal)	2050 /490	596 /142
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	85	25
Sugars (g)	15	4
Protein (g)	27	8
Salt (g)	4.92	1.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **10**) Celery **11**) Soya **13**) Gluten **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

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1. Cook the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan on medium-high heat, add the **onion** and season with **salt** and **pepper**. Stir together and cook until really soft, 7-8 mins, stirring occasionally.



2. Get Prepped

While the **onion** cooks, trim the **beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Finely chop the **flat leaf parsley** (stalks and all).



3. Cook the Bulgur

Once the **onion** is nicely softened, add the **balsamic vinegar** and cook for 1 minute more, then add the **bulgur wheat** along with the **water** (see ingredient list for amount). Stir in the **vegetable stock powder** and bring to the boil. Simmer for 1 minute, then cover the **mixture** with a lid, remove from the heat and leave to the side for 12-15 mins, or until the rest of the meal is ready.



4. Cook the Beans

Ten minutes before the **bulgur wheat** is cooked, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beans** and season with **salt** and **pepper**. Stir-fry until they are softened and are slightly charred, 5-6 mins.



5. Prawn Time

Once the **beans** are tender, add the **prawns** to the pan along with the **garlic**. Stir-fry until the **prawns** are cooked, 4-5 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque all the way through.** Once cooked, remove from the heat and add the **soy sauce** and **honey**. Stir together.



6. Finish and Serve

Fluff up the **bulgur wheat** with a fork, add the **prawns**, **beans**, any **sauce** left in the pan and **half** the **parsley**. Stir together. Add **salt** and **pepper** to taste, then serve in bowls with the remaining **parsley** sprinkled on top.

Enjoy!