

# Loaded Crispy Prawn Banh Mi

with Sesame Fries & Pickled Carrot

PREMIUM TWIST

Grab your meal kit with this number

44



Potato



Mixed Sesame Seeds



Cucumber



Spring Onion



Carrot



Fresh Chilli (Optional)



Sriracha



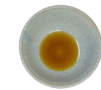
Peeled Prawns



Garlic Paste



Sweet Soy Seasoning



Fish Sauce & Rice Vinegar Mix



Cornflour



Brioche Hotdog Buns



Coriander



Garlic Aioli

Prep in: 20-30 mins  
Ready in: 30-40 mins

This Vietnamese staple is the ultimate flavour fusion, with Asian flavours packed into a crunchy French baguette. This one is packed with juicy prawns, fresh veggies and a punch of coriander. The result is a perfect balance of savoury, sweet, tangy and crunchy – are your mouths watering yet? Dig in!

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
spring onion	1 stem	2 stems
carrot	1	2
fresh chilli  (optional)	½	1
sriracha	1 medium packet	2 medium packets
<b>mayonnaise*</b>	2 tbsp	4 tbsp
peeled prawns	200g	400g
garlic paste	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
<b>vinegar*</b> (rice wine or white wine)	¼ cup	½ cup
fish sauce & rice vinegar mix	1 packet	2 packets
cornflour	1 packet	2 packets
brioche hotdog buns	2	4
coriander	1 packet	1 packet
garlic aioli	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3190kJ (763Cal)	630kJ (151Cal)
Protein (g)	25g	4.9g
Fat, total (g)	42.5g	8.4g
- saturated (g)	11.2g	2.2g
Carbohydrate (g)	61.9g	12.2g
- sugars (g)	18g	3.6g
Sodium (mg)	2250mg	445g
Dietary Fibre (g)	6.4g	1.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle over **mixed sesame seeds**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

4



## Cook the prawns

- To the bowl of prawns, add **cornflour** and toss to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, dust off any excess **cornflour** from prawns and cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Transfer to a paper towel-lined plate.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into sticks.
- Thinly slice **spring onion**.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **fresh chilli** (if using).
- **SPICY!** Use less sriracha if you're sensitive to heat! In a small bowl, combine **sriracha** and the **mayonnaise**. Set aside.
- In a medium bowl, combine **peeled prawns**, **garlic paste**, **sweet soy seasoning** and a generous pinch of **pepper**.

5



## Bring it all together

- Slice **brioche hotdog buns** in half lengthways. Toast or grill **buns** to your liking.
- Drain **pickled carrot**.

3



## Pickle the carrot

- In a second medium bowl, combine the **vinegar**, **fish sauce & rice vinegar mix**, and a good pinch of **sugar** and **salt**.
- Add **carrot** to pickling liquid, then add enough **water** to just cover carrot. Set aside.

6



## Finish & serve

- Spread sriracha mayo over base of brioche buns. Assemble banh mi with some cucumber, pickled carrot, prawns, coriander, spring onion, **chilli** and torn **coriander**.
- Divide crispy prawn banh mi between plates.
- Serve with sesame fries and **garlic aioli**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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