

# DINNERLY



## Sizzling Szechuan Prawns and Fluffy Rice with Blistered Beans and Capsicum



30 minutes



2 Servings

When there are prawns involved, we like to keep things kind of shrimple... no need for over-krill! Even when it's a PLUS dish like this one, we like the flavour of those sea critters to really shine. So it's rice, stir-fried veggies and a yummy, glossy, Chinese-inspired sauce all the way in this simple-yet-stunning recipe. You'll love it!



- 1 spring onion
- 2 garlic cloves
- 150g jasmine rice
- 1 capsicum
- 150g green beans
- 200g peeled prawns<sup>1</sup>
- 50g Szechuan stir-fry sauce

- 2 tbs vegetable oil
- 1 tsp chilli flakes (optional)
- 1 tbs tomato sauce
- 1 tsp soy sauce <sup>3</sup>

- small saucepan with lid
- medium frypan

## ALLERGENS

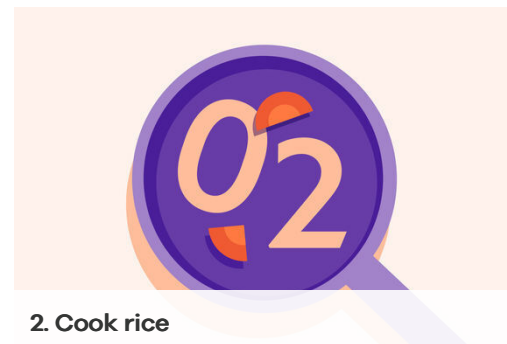
Crustacean (1), Sesame (2), Soy (3). May contain traces of other allergens.

## NUTRITION PER SERVING

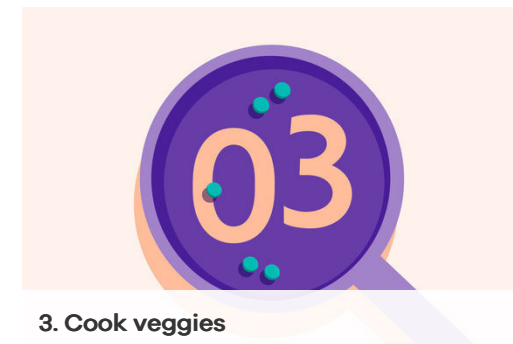
Energy 600kcal, Fat 21.8g, Carbs 78.2g,  
Protein 21.1g



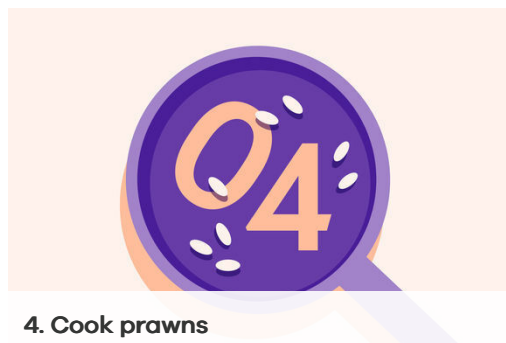
Thinly slice the **spring onion**, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**. Heat **1 tbs vegetable oil** in a small saucepan over high heat until hot. Remove from heat. Add the garlic, white part of the spring onion and **1 tsp chilli flakes**, if using, and stir until garlic is crisp. Season with **salt and pepper**. Transfer to a bowl and set aside.



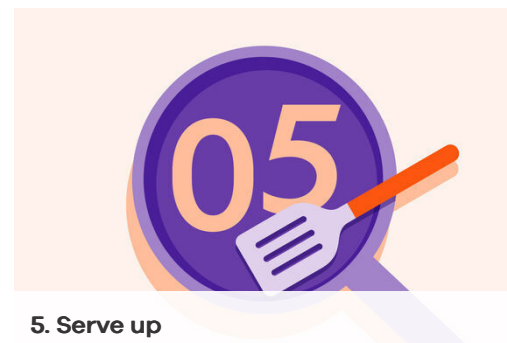
Rinse the **rice** until the water runs clear. Put in the same pan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



Meanwhile, cut the **capsicum** into thin strips. Trim the **beans** and halve on an angle. Heat **2 tsp vegetable oil** in a medium frypan over high heat. Cook the capsicum and beans, stirring occasionally, for 5 mins or until lightly charred. Add **1 tbs water** and cook for 1 min or until the water is evaporated and the vegetables are tender (see Kitchen 101). Remove from the pan.



Heat **2 tsp vegetable oil** in the same pan over medium-high heat. Cook the **prawns**, stirring, for 2-3 mins until just cooked through. Add the **stir-fry sauce**, **1 tbs tomato sauce**, **1 tsp soy sauce** and **1½ tbs water** and bring to a simmer. Cook, stirring, for 2-3 mins until slightly thickened. Season with **pepper**. Remove the pan from the heat.



Divide the **rice, prawns** and **veggies** among bowls. Scatter over the **remaining spring onion** and drizzle with the **spring onion oil**. Enjoy!



Adding a little water to a hot pan creates steam and will ensure your veggies cook without burning, or without the need for more oil.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least 45%  
Australian ingredients