



Product Spotlight: Szechuan Pepper

Szechuan pepper has a unique citrusy, floral flavour with a slightly numbing, tingling sensation on the tongue. Unlike chilli heat, it creates a buzzing, almost electric feeling that enhances and balances spicy dishes rather than intensifying the burn.



Chinese Salt & Pepper Prawns

Crispy oven-baked prawns, tossed in a fragrant Szechuan pepper seasoning, served with stir-fried vegetables and fluffy basmati rice for a bold and zesty take on Chinese salt and pepper prawns.



35 minutes



2 servings



Fish

Switch it up!

Cook the prawns in an air fryer if you have one. Alternatively, skip coating the prawns in cornflour and stir fry with all the veggies at step 4. Season stir fry with Szechuan pepper seasoning.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	5g	50g

FROM YOUR BOX

BASMATI RICE	150g
PRAWNS	200g
CHINESE STIR FRY SAUCE	50g
SPRING ONIONS	1 bunch
GARLIC	2 cloves
RED CAPSICUM	1
RED CHILLI	1
SNOW PEAS	150g
SZECHUAN PEPPER SEASONING	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Use a spray oil on the prawns if you have one. This will give an even coating of oil on the prawns, resulting in a more golden, crispy texture.

Use less seasoning for a milder heat level.

Squeeze over lime juice to serve, and top with toasted sesame seeds or peanuts for extra texture.

Szechuan Pepper Seasoning: ground Szechuan pepper, ground white pepper, salt.



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1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE INGREDIENTS

Coat **prawns** with **1 1/2 tsp stir fry sauce**, season lightly with **salt and pepper**.

Slice **spring onions** (thinly slice some green tops for garnish), **garlic** and **capsicum**. Roughly chop **chilli**, and trim and halve **snow peas**.



3. COOK THE PRAWNS

Sprinkle **2 tbsp cornflour** on a plate. Toss **prawns** in flour to coat. Place in a lined oven tray (see notes) and drizzle with **oil**. Bake for 6–8 minutes until golden and cooked through.



4. COOK THE STIR-FRY

Heat a large frypan (see notes) over high heat with **oil**. Add **1/2 garlic**, **1/2 spring onions**, **capsicum**, **snow peas**. Stir fry for 2 minutes to soften vegetables. Add remaining **stir fry sauce** and cook for further 1 minute. Remove to a bowl and wipe pan clean.



5. TOSS THE PRAWNS

Reheat frypan over medium-high heat with **oil**. Add **remaining spring onions**, **garlic** and **chilli**. Cook for 2 minutes to soften vegetables. Add **prawns** and **Szechuan pepper seasoning** (see notes). Toss to coat the prawns.



6. FINISH AND SERVE

Divide **rice**, **stir fry** and **prawns** among shallow bowls. Garnish with **spring onion green tops** (see notes).

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