

Chilli-Garlic Prawns & Tomato-Rocket Salad

with Parmesan Crushed Potatoes & Garlic Yoghurt

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Snacking Tomatoes



Garlic



Greek-Style Yoghurt



Prawns



Chilli Flakes (Optional)




Spinach, Rocket & Fennel Mix



Prawns

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

 Carb Smart

*Custom Recipe is not Dietitian Approved

 Eat Me First

Perk up this week's prawns with some honey and a kick from the chilli flakes, along with some cheesy crushed potatoes that are an all-time favourite. Finish it off with a bright tomato salad for maximum freshness and flavour!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

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
olive oil*	refer to method	refer to method
potato	2	4
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
snacking tomatoes	1 punnet	2 punnets
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
chilli flakes (optional)	pinch	pinch
honey*	1 tsp	2 tsp
spinach, rocket & fennel mix	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1248kJ (298Cal)	268kJ (64Cal)
Protein (g)	25.5g	5.5g
Fat, total (g)	6.1g	1.3g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	29.1g	6.3g
- sugars (g)	8.3g	1.8g
Sodium (mg)	828mg	178mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1572kJ (375Cal)	278kJ (66Cal)
Protein (g)	39.3g	7g
Fat, total (g)	6.6g	1.2g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	29.1g	5.1g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1480mg	262mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, and season with **salt**. Toss to coat. Roast until just tender, **18-20 minutes**.
- Lightly crush **semi-roasted potatoes** on the tray.
- Sprinkle with **shaved Parmesan cheese**. Return to oven to roast until golden, **8-10 minutes**.

4



Cook the prawns

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add a pinch of **chilli flakes** (if using) and remaining **garlic** and cook until fragrant, **1 minute**.
- Remove from heat and add the **honey**, tossing to coat. Season to taste.

Custom Recipe: If you've doubled your prawns, cook prawns in batches for the best results. Return all prawns to the pan before adding the chilli flakes and garlic.

2



Get prepped

- When potatoes have **10 minutes** remaining, halve **snacking tomatoes**.
- Finely chop **garlic**.

5



Toss the salad

- In a large bowl, combine **spinach, rocket & fennel mix, snacking tomatoes** and a drizzle of **olive oil** and the **vinegar**. Season.

3



Make garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic**, until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

6



Serve up

- Divide chilli-garlic honey prawns, Parmesan crushed potatoes and tomato-rocket salad between bowls.
- Serve with garlic yoghurt. Enjoy!

Rate your recipe

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