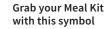


# Chilli-Garlic Prawns & Tomato-Rocket Salad

with Parmesan Crushed Potatoes & Garlic Yoghurt

DIETITIAN APPROVED\*









Shaved Parmesan



**Snacking Tomatoes** 





Yoghurt



Chilli Flakes



(Optional)



& Fennel Mix

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

Eat Me First



\*Custom Recipe is not Dietitian Approved

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!

**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

ingi caicino				
	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)		

<sup>\*</sup>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.

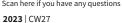
# Allergens

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





# 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.



# Get prepped

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



# 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.



# 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.



# Toss the salad

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



# Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

