



Easy Prawn & Roast Veggie Couscous Salad

with Garlic Aioli

Grab your Meal Kit with this symbol



Carrot



Zucchini



Red Onion



Aussie Spice Blend



Couscous



Nan's Special Seasoning



Prawns



Baby Spinach Leaves



Garlic Aioli



Prawns

Prep in: **15-25 mins**
Ready in: **35-45 mins**

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me First

Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Aussie inspired flavours and then slathered with honey, your prawns will easily become the star of tonight's dinner show.

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

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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
carrot	1	2
zucchini	1	2
red onion	1	2
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
couscous	1 medium packet	1 large packet
boiling water*	¾ cup	1½ cups
butter*	20g	40g
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
prawns	1 packet (200g)	2 packets (400g)
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	510kJ (122Cal)
Protein (g)	25.9g	4.9g
Fat, total (g)	32.8g	6.2g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	55.9g	10.6g
- sugars (g)	18.8g	3.6g
Sodium (mg)	1646mg	311mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3018kJ (721Cal)	480kJ (115Cal)
Protein (g)	39.7g	6.3g
Fat, total (g)	33.3g	5.3g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	55.9g	8.9g
- sugars (g)	18.8g	3g
Sodium (mg)	2298mg	366mg

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 veggies

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Cut **red onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **Aussie spice blend**. Season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Cook the prawns

- When the veggies have **5 minutes** remaining, in a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **pepper**. Add **prawns**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove from heat and add the **honey**, tossing to coat.

Custom Recipe: If you've doubled your prawns, prep as above. Cook prawns, in batches if your pan is getting crowded.

2



Make the couscous

- Meanwhile, in a large bowl, add **couscous**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and **butter**, stirring to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

4



Serve up

- To the bowl of couscous, place **baby spinach leaves**, roasted veggies, a drizzle of the **white wine vinegar** and olive oil.
- Toss to combine and season to taste.
- Divide roast veggie couscous salad between bowls.
- Top with spiced prawns and a dollop of **garlic aioli** to serve. Enjoy!

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