



Paprika Prawn & Spinach Stew

with Garlic Mash & Fetta

NEW

MEDITERRANEAN



Grab your Meal Kit with this symbol



Carrot



Zucchini



Potato



Garlic



Prawns



Passata



Paprika Spice Blend



Baby Spinach Leaves



Fetta Cubes



Prawns

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

Calorie Smart

Eat Me First

If you are looking for your new comfort food, then we are happy to introduce you to this paprika prawn number. With dazzling garlic mash and a veggie-loaded stew, this meal will make you sing all night long.

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

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

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 saucepan with a lid · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
potato	2	4
garlic	1 clove	2 cloves
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
prawns	1 packet (200g)	2 packets (400g)
passata	1 box	2 boxes
paprika spice blend	1 sachet	2 sachets
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
butter* (for the prawns)	10g	20g
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	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)	1859kJ (444Cal)	279kJ (67Cal)
Protein (g)	26.7g	4g
Fat, total (g)	16.6g	2.5g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	40.5g	6.1g
- sugars (g)	18g	2.7g
Sodium (mg)	1466mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2309kJ (551Cal)	309kJ (73Cal)
Protein (g)	40.1g	5.4g
Fat, total (g)	17.8g	2.4g
- saturated (g)	10.4g	1.4g
Carbohydrate (g)	45.5g	6.1g
- sugars (g)	14.9g	2g
Sodium (mg)	2171mg	290mg

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

- Preheat oven to **240°C/220°C fan-forced**.
- Boil the kettle.
- Cut **carrot** and **zucchini** into thick half-moon chunks.
- Place **carrot** and **zucchini** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Make the prawn stew

- When veggies have **10 minutes** remaining, in a second large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Reduce heat to medium, then stir in **passata**, **paprika spice blend**, the **water**, the **brown sugar** and the **butter (for the prawns)**, until slightly thickened, **2-3 minutes**. Season with **salt** and **pepper**.

Custom Recipe: If you doubled your prawns, cook prawns as above.

2



Start the mash

- Meanwhile, peel **potato** and cut into large chunks.
- Finely chop **garlic**.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain.

5



Bring it all together

- Remove saucepan from heat and stir through roasted **veggies** and **baby spinach leaves**, until wilted and combined. Season to taste.

3

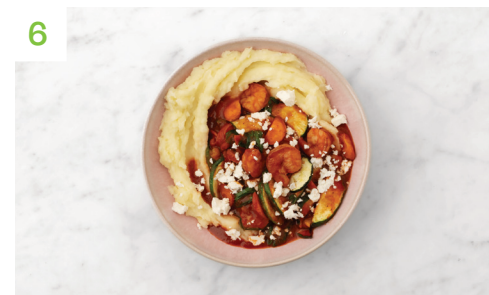


Finish the mash

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Remove from heat and return **potato** to saucepan. Add the **butter (for the mash)** and the **milk** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

6



Serve up

- Divide garlic mash and prawn tomato stew between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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