



# Lemon Pepper Prawns

with Roast Veggie Toss & Dill-Parsley Mayo

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Carrot



Brown Onion



Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise

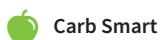


Flaked Almonds



Prawns

Prep in: 15-25 mins  
Ready in: 30-40 mins



Carb Smart

1 Eat Me First

Summer is upon us and what better way to ring in the new season than by diving into some perfectly spiced prawns which are a summer dinner staple? In this one, our lemon pepper seasoning complements the prawns to perfection and when paired with a simple but tasty bed of veggies, you have everything you could want in a meal and more!

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

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
carrot	1	2
brown onion	1	2
prawns	1 packet (200g)	2 packets (400g)
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	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)	1952kJ (467Cal)	373kJ (89Cal)
Protein (g)	21.9g	4.2g
Fat, total (g)	26.3g	5g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	36g	6.9g
- sugars (g)	26g	5g
Sodium (mg)	1366mg	261mg
Dietary Fibre (g)	13.8g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	358kJ (86Cal)
Protein (g)	35.7g	5.4g
Fat, total (g)	26.3g	4g
- saturated (g)	2.3g	0.3g
Carbohydrate (g)	38.3g	5.8g
- sugars (g)	28.2g	4.3g
Sodium (mg)	2029mg	308mg
Dietary Fibre	13.8g	2.1g

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](https://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**. Cut **sweet potato, beetroot and carrot** into small chunks. Slice **brown onion** into wedges. Place **veggies** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



## Bring it all together

- To the tray with the roasted veggies, add **baby spinach leaves** and **mustard cider dressing**. Gently toss to combine. Season to taste.

2



## Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine **prawns, lemon pepper seasoning** and a drizzle of **olive oil**.
- 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**.

**Custom Recipe:** If you've doubled your peeled prawns, cook in batches for the best results.

4



## Serve up

- Divide roast veggie toss between bowls. Top with lemon pepper prawns.
- Drizzle over **dill & parsley mayonnaise**. Sprinkle over **flaked almonds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)