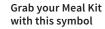
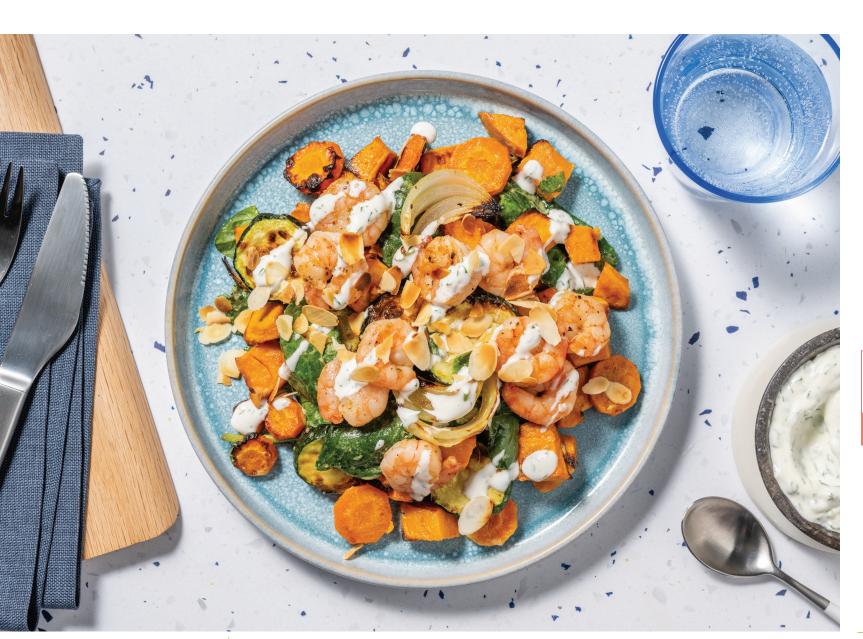
# Lemon Pepper Prawns with Roast Veggie Toss & Dill-Parsley Mayo









**Brown Onion** 



Carrot & Zucchini







Lemon Pepper Seasoning



**Baby Spinach** 



Mustard Cider

Dressing

Leaves



Dill & Parsley



Mayonnaise





**Pantry items** 

Olive Oil

Prep in: 10-20 mins Ready in: 25-35 mins



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 lunch 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!



# 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1	2		
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag		
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)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2066kJ (494Cal)	318kJ (76Cal)
Protein (g)	23.6g	3.6g
Fat, total (g)	25.6g	3.9g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	37.5g	5.8g
- sugars (g)	23.6g	3.6g
Sodium (mg)	1346mg	207mg
Dietary Fibre (g)	13.5g	2.1g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2390kJ (571Cal)	319kJ (76Cal)
Protein (g)	37.4g	5g
Fat, total (g)	26.1g	3.5g
- saturated (g)	2.3g	0.3g
Carbohydrate (g)	37.5g	5g
- sugars (g)	23.6g	3.2g
Sodium (mg)	1998mg	267mg
Dietary Fibre	13.5g	1.8g

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 veggies

- Preheat oven to 240°C/220°C fan-forced. Slice brown onion into wedges.
- Place sweet potato, carrot & zucchini mix and onion 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.



#### 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 prawns, add an extra drizzle of olive oil to the bowl. Cook prawns in batches for the best results.



# 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.



### Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

