



Quick-Prep Smokey Prawns & Veggie Couscous

with Tangy Fetta Yoghurt

MEDITERRANEAN

Grab your Meal Kit with this symbol



Cauliflower, Carrot & Zucchini Mix



Chicken-Style Stock Powder



Couscous



Prawns



Nan's Special Seasoning



Greek-Style Yoghurt



Fetta Cubes



Baby Spinach Leaves



Prawns

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

Calorie Smart

Light and bright, this colourful couscous bowl will have the whole dinner table smiling. Packed full of Nan's special seasoning and then slathered with honey, your prawns will easily become the star of tonight's dinner show.

Eat Me First

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

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower, carrot & zucchini mix	1 medium packet	1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
Nan's special seasoning	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1711kJ (409Cal)	361kJ (86Cal)
Protein (g)	28.6g	6g
Fat, total (g)	6.1g	1.3g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	53.1g	11.2g
- sugars (g)	15.8g	3.3g
Sodium (mg)	1850mg	391mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2035kJ (486Cal)	355kJ (85Cal)
Protein (g)	42.3g	7.4g
Fat, total (g)	6.6g	1.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	53.1g	9.3g
- sugars (g)	15.8g	2.8g
Sodium (mg)	2502mg	436mg

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**.
- Place **cauliflower, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

3



Cook the prawns

- Meanwhile, in a medium bowl, combine **prawns, Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.
- 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**.
- Remove pan from heat and add the **honey**, tossing to coat.

Custom Recipe: If you've doubled your prawns, combine prawns with spice blend as above. Cook prawns in batches for the best results, returning all prawns to the pan before adding the honey as above.

2



Make the couscous

- When veggies have **10 minutes** remaining, in a medium saucepan, combine the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

4



Serve up

- In a small bowl, place **Greek-style yoghurt** and **fetta cubes** and mash to combine. Season to taste.
- To the couscous, stir through roasted veggies and **baby spinach leaves** with a drizzle of the **vinegar** and **olive oil**. Season to taste.
- Divide roast veggie couscous between bowls. Top with smoky prawns and a dollop of fetta yoghurt to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate