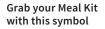


# Quick-Prep Smokey Prawns & Veggie Couscous with Tangy Fetta Yoghurt

MEDITERRANEAN







Cauliflower, Carrot & Zucchini Mix



Chicken-Style Stock Powder



Couscous





Nan's Special



Prawns

Seasoning



Fetta Cubes



Leaves

Yoghurt





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

Eat Me First



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.



Olive Oil, Honey, Vinegar (White Wine or Balsamic)



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

## 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,<br>carrot & zucchini<br>mix   | 1 medium packet | 1 large packet   |
| water*   | ¾ cup           | 1½ cups          |
| chicken-style<br>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<br>yoghurt   | 1 medium packet | 1 large packet   |
| fetta cubes  | 1 medium packet | 1 large packet   |
| baby spinach<br>leaves   | 1 small bag     | 1 medium bag     |
| vinegar*<br>(white wine or<br>balsamic)  | drizzle         | drizzle          |
| prawns**   | 1 packet (200g) | 2 packets (400g) |
| *Design the second seco |                 |                  |

\*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) | <b>355kJ</b> (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





# 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.



#### 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.



# 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.



## 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 smokey prawns and a dollop of fetta yoghurt to serve. Enjoy!

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