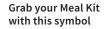


# Smokey Prawns & Roast Veggie Couscous with Fetta Yoghurt

**CUSTOMER FAVOURITE** 

**MEDITERRANEAN** 













Chicken-Style



Couscous

Stock Powder





Seasoning





Fetta Cubes

Greek-Style Yoghurt



**Baby Spinach** Leaves







Prep in: 20-30 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.

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

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar

## 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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
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
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

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

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1598kJ (382Cal)	411kJ (98Cal)
Protein (g)	26.9g	6.9g
Fat, total (g)	6.9g	1.8g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	51.4g	13.2g
- sugars (g)	15.6g	4g
Sodium (mg)	1820mg	468mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1872kJ (447Cal)	383kJ (92Cal)
Protein (g)	40.9g	8.4g
Fat, total (g)	7.9g	1.6g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	51.4g	10.5g
- sugars (g)	15.6g	3.2g
Sodium (mg)	2477mg	507mg

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.
- Cut **carrot** and **capsicum** into bite-sized chunks. Place **veggies** 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 fork.



# Get prepped

- Meanwhile, in a medium bowl, combine prawns, Nan's special seasoning, a drizzle of olive oil and a pinch of pepper.
- In a small bowl, add Greek-style yoghurt and fetta cubes and mash to combine. Season to taste.

**Custom Recipe:** If you've doubled your prawns, combine all prawns with spice blend as above.



# Cook the prawns

- Heat a large frying pan with a drizzle of olive oil over medium-high heat.
- 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:** Cook prawns in batches for the best results, returning all prawns to the pan before adding the honey.



## Bring it all together

 To couscous, stir through roasted veggies and baby spinach leaves with a drizzle of the white wine vinegar and olive oil. Season to taste.



## Serve up

- Divide roast veggie couscous between bowls.
- Top with smokey prawns and fetta yoghurt to serve. Enjoy!



We need your expertise!

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