

Smokey Prawns & Roast Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN

Grab your Meal Kit with this symbol



Carrot



Capsicum



Chicken-Style Stock Powder



Couscous



Prawns



Nan's Special Seasoning



Greek-Style Yoghurt



Fetta Cubes



Baby Spinach Leaves



Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

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 · Medium saucepan with a lid · 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)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1605kJ (384Cal)	413kJ (99Cal)
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)	1821mg	469mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1886kJ (451Cal)	386kJ (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)	2479mg	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



1



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.

4



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.

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 fork.

5



Bring it all together

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

3



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.

6



Serve up

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

Rate your recipe

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