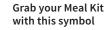


Smokey Prawns & Roast Veggie Couscous with Fetta Yoghurt

MEDITERRANEAN









Stock Powder







Nan's Special



Seasoning



Fetta Cubes



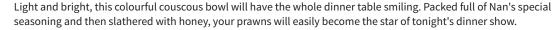
Baby Spinach Leaves



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

Eat Me First







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

Inaredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot & zucchini mix	1 medium bag	1 large bag	
water*	¾ cup	1 ½ 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 medium bag	1 large bag	
white wine vinegar*	drizzle	drizzle	
prawns**	1 packets (200g)	2 packets (400g)	
*D			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1606kJ (384Cal)	388kJ (93Cal)
Protein (g)	27.7g	6.7g
Fat, total (g)	6.6g	1.6g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	50.7g	12.3g
- sugars (g)	13.9g	3.4g
Sodium (mg)	1838mg	444mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1887kJ (451Cal)	367kJ (88Cal)
Protein (g)	41.7g	8.1g
Fat, total (g)	7.6g	1.5g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	50.7g	9.9g
- sugars (g)	13.9g	2.7g
Sodium (mg)	2496mg	486mg

The quantities provided above are averages only.

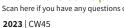
Allergens

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 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.
- 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**.
- Remove pan from heat and add the **honey**, tossing to coat.

Custom Recipe: If you've doubled your prawns, add an extra drizzle of olive oil to the medium bowl. Cook prawns, tossing, until pink and starting to curl up, 5-6 minutes.



Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

