



# American-Style Prawn Po' Boy

with Dill & Parsley Mayo

Grab your Meal Kit with this symbol



Tomato



Lemon



All-American  
Spice Blend



Prawns



Hot Dog  
Buns



Garlic Paste



Mixed Salad



Leaves  
Dill & Parsley  
Mayonnaise

Prep in: **15 mins**  
Ready in: **20 mins**

These American-inspired hot dogs bring the fun of the fair straight into your kitchen. Packed with salad leaves, tomato and prawns and topped with our famous dill and parsley mayo, these hot dogs will have you smiling from ear to ear.

### Pantry items

Olive Oil, Butter

SHW





## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
tomato	1
lemon	1
All-American spice blend	1 medium sachet
prawns	1 packet (200g)
hot dog buns	2
garlic paste	1 packet
<b>butter*</b>	20g
mixed salad leaves	1 small bag
dill & parsley mayonnaise	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4116kJ (984Cal)	1055kJ (252Cal)
Protein (g)	20.4g	5.2g
Fat, total (g)	28.6g	7.3g
- saturated (g)	7.2g	1.8g
Carbohydrate (g)	82.9g	21.3g
- sugars (g)	8g	2.1g
Sodium (mg)	1923mg	493mg

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](https://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



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **tomato**. Slice **lemon** into wedges.
- In a medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **prawns** and toss to coat.



## Cook the prawns

- Meanwhile, 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 from heat then add a good squeeze of **lemon juice**.



## Bake the buns

- Slice **hot dog buns** in half lengthways, 3/4 of the way through.
- In a small heatproof bowl, add **garlic paste** and the **butter**. Microwave in **10 second** bursts, until melted.
- Spread buns with **garlic butter**, then bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Serve up

- Fill toasted buns with **mixed salad leaves**, tomato and prawns. Drizzle over **dill & parsley mayonnaise**.
- Divide American-style prawn po' boys between plates. Serve with remaining lemon wedges. Enjoy!

## Rate your recipe

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