

# Spiced Prawns & Cheesy Crouton Salad

with Ranch Dressing

NEW CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Tomato



Brown Onion



Bake-At-Home Ciabatta



Parmesan Cheese



Nan's Special Seasoning



Peeled Prawns



Ranch Dressing



Mixed Salad Leaves



Peeled Prawns

Prep in: 25-35 mins  
Ready in: 35-45 mins

Calorie Smart

Eat Me First

Summer is for salads and a seafood-based bowl is calling. With tasty cheesy croutons and caramelised onion, you've got flavour packed into every compartment of this dish!

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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
tomato	1	2
brown onion	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home ciabatta	1	2
Parmesan cheese	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
peeled prawns	1 packet (200g)	2 packets (400g)
ranch dressing	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
peeled prawns**	1 packets (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1760kJ (421Cal)	419kJ (100Cal)
Protein (g)	25.9g	6.2g
Fat, total (g)	14.9g	3.5g
- saturated (g)	4.1g	1g
Carbohydrate (g)	44.2g	10.5g
- sugars (g)	14.8g	3.5g
Sodium (mg)	1661mg	395mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2034kJ (486Cal)	391kJ (93Cal)
Protein (g)	39.9g	7.7g
Fat, total (g)	15.9g	3.1g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	44.2g	8.5g
- sugars (g)	14.8g	2.8g
Sodium (mg)	2317mg	445mg

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



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons.
- Cut **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



## Cook the prawns

- While the croutons are baking, in a large bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **peeled prawns**, turning to coat.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** If you've doubled your peeled prawns, cook in batches for the best results.



## Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium and add the **balsamic vinegar** and **brown sugar**. Mix well, then cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



## Bring it all together

- While prawns are cooking, in a second large bowl, combine **ranch dressing** and a drizzle of **olive oil**.
- Add **mixed salad leaves**, roast **veggies** and **cheesy croutons**. Gently toss to combine. Season to taste.



## Bake the cheesy croutons

- While the onion is cooking, cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- On a second lined oven tray, combine **ciabatta** and a generous drizzle of **olive oil**.
- Sprinkle over half the **Parmesan cheese**.
- Spread out in a single layer, then bake until golden, **5-8 minutes**.



## Serve up

- Divide cheesy crouton salad between plates and top with prawns.
- Spoon caramelised onion over prawns.
- Sprinkle with remaining Parmesan to serve. Enjoy!

## Rate your recipe

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