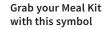




# American-Style Prawn Pol Boy with Dill & Parsley Mayo











All-American Spice Blend





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
olive oil*	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
butter*	20g
mixed salad leaves	1 small bag
dill & parsley mayonnaise	1 medium packet

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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.



### 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.



# 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**.



### 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!



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