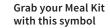


Easy Mexican-Spiced Prawns & Garlic Rice with Cherry Tomato Salsa & Lemon Yoghurt

CLIMATE SUPERSTAR













Snacking Tomatoes

Baby Spinach Leaves





Lemon



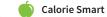


Spice Blend



Prep in: 15-25 mins Ready in: 20-35 mins

Eat Me First



Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Tex-Mex inspired flavours 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, Butter, Honey

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

Medium saucepan with a lid · Large frying pan

Ingredients

| 9 | | | |
|------------------------|-----------------|-----------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| garlic | 2 cloves | 4 cloves | |
| butter* | 20g | 40g | |
| jasmine rice | 1 medium packet | 1 large packet | |
| water* | 1½ cups | 3 cups | |
| snacking tomatoes | 1 punnet | 2 punnets | |
| baby spinach leaves | 1 small bag | 1 medium bag | |
| lemon | 1/2 | 1 | |
| Greek-style yoghurt | 1 medium packet | 1 large packet | |
| Tex-Mex spice blend | 1 medium sachet | 1 large sachet | |
| peeled prawns | 1 packet | 2 packets | |
| honey* | 1 tsp | 2 tsp | |
| peeled prawns** | 1 packet | 2 packets | |
| | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2242kJ (536Cal) | 566kJ (135Cal) |
| Protein (g) | 22.7g | 5.7g |
| Fat, total (g) | 16.9g | 4.3g |
| - saturated (g) | 7.5g | 1.9g |
| Carbohydrate (g) | 69.6g | 17.6g |
| - sugars (g) | 6.8g | 1.7g |
| Sodium (mg) | 1194mg | 302mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2516kJ (601Cal) | 507kJ (121Cal) |
| Protein (g) | 36.7g | 7.4g |
| Fat, total (g) | 17.9g | 3.6g |
| - saturated (g) | 7.7g | 1.6g |
| Carbohydrate (g) | 69.6g | 14g |
| - sugars (g) | 6.8g | 1.4g |
| Sodium (mg) | 1851mg | 373mg |

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.



Scan here if you have any questions or concerns





Cook the garlic rice

- Finely chop garlic. In a medium saucepan over a medium heat, melt butter with a dash of olive oil.
- Cook garlic until fragrant, 1-2 minutes. Add jasmine rice, the water and a
 pinch of salt, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until the rice
 is tender and the water is absorbed, 12 minutes (the rice will finish cooking
 in its own steam, so don't peek).



Cook the prawns

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine Tex-Mex spice blend and a drizzle of olive oil. Add peeled prawns and toss to coat.
- 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. In the last minute, add the honey and toss to coat. Remove from heat, then season.

TIP: Don't worry if your prawns gets a little charred during cooking. This adds to the flavour!

Custom Recipe: If you've doubled your peeled prawns, prepare as above. Cook prawns in batches for the best results.



Get prepped

- Meanwhile, chop snacking tomatoes.
- · Roughly chop baby spinach leaves.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine snacking tomatoes, spinach, lemon zest and a drizzle of olive oil. Season with salt and pepper.
- In a small bowl, combine Greek-style yoghurt and a squeeze of lemon juice. Season to taste.



Serve up

- · Divide rice between bowls.
- Top with the Mexican-spiced prawns, tomato salsa and lemon yoghurt.
- · Serve with any remaining lemon wedges. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

