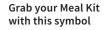


Easy Prawn & Roast Veggie Couscous Salad with Garlic Aioli

CLIMATE SUPERSTAR















Red Onion







Nan's Special





Peeled Prawns







Garlic Aioli





Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me First



Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Aussie inspired flavours and then slathered with honey, your prawns will easily become the star of tonight's dinner show.

Pantry items

Olive Oil, Butter, 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 · Large frying pan

Ingradients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
zucchini	1	2		
red onion	1	2		
Aussie spice blend	1 medium sachet	1 large sachet		
couscous	1 medium packet	1 large packet		
boiling water*	¾ cup	1½ cups		
butter*	20g	40g		
Nan's special seasoning	1 medium sachet	1 large sachet		
peeled prawns	1 packet	2 packets		
honey*	½ tbs	1 tbs		
baby spinach leaves	1 medium bag	1 large bag		
white wine vinegar*	drizzle	drizzle		
garlic aioli	1 medium packet	1 large packet		
peeled prawns**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2603kJ (622Cal)	527kJ (126Cal)
Protein (g)	26g	5.3g
Fat, total (g)	33.3g	6.7g
- saturated (g)	7.8g	1.6g
Carbohydrate (g)	53.5g	10.8g
- sugars (g)	16.6g	3.4g
Sodium (mg)	1633mg	331mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2877kJ (688Cal)	485kJ (116Cal)
Protein (g)	40g	6.7g
Fat, total (g)	34.3g	5.8g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	53.5g	9g
- sugars (g)	16.6g	2.8g
Sodium (mg)	2290mg	386mg

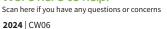
The quantities provided above are averages only.

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!





Roast the veggies

- Boil the kettle. Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and zucchini into bite-sized chunks.
- Cut red onion into wedges.
- Place veggies on a lined oven tray. Drizzle with olive oil and sprinkle over Aussie spice blend. Season with salt and toss to coat.
- · Roast until tender, 20-25 minutes.



Make the couscous

- Meanwhile, in a large bowl, add couscous.
- Add the **boiling water** (3/4 cup for 2 people / 11/2 cups for 4 people) and butter, stirring to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Cook the prawns

- When the veggies have 5 minutes remaining, in a medium bowl, combine Nan's special seasoning, a drizzle of olive oil and a pinch of pepper. Add peeled prawns, tossing 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.
- Remove from heat and add the **honey**, tossing to coat.

Custom Recipe: If you've doubled your peeled prawns, prepare as above. Cook prawns, in batches if your pan is getting crowded.



Serve up

- To the bowl of couscous, place baby spinach leaves, roasted veggies, a drizzle of white wine vinegar and olive oil.
- · Toss to combine and season to taste.
- Divide roast veggie couscous salad between bowls.
- Top with spiced prawns and a dollop of garlic aioli to serve. Enjoy!



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

