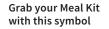
American-Style Prawn Po' Boy with Dill & Parsley Mayo













All-American Spice Blend

Peeled Prawns







Garlic Paste

Hot Dog Buns



Mixed Salad Leaves

Dill & Parsley Mayonnaise

Prep in: 15 mins Ready in: 20 mins

Before you start

Wash your hands and any fresh food.

You will need Large frying pan

Ingredients

3	
	2 People
olive oil*	refer to method
tomato	1
lemon	1
All-American spice blend	1 medium sachet
peeled 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

^{*}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 peeled 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!

