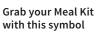


Lemon Pepper Prawns & Roast Veggie Salad with Dill-Parsley Mayo & Flaked Almonds

SUMMER SALADS

CLIMATE SUPERSTAR







Brown Onion



Cauliflower, Carrot & Zucchini Mix



Peeled Prawns





Lemon Pepper Seasoning



Baby Spinach



Mustard Cider

Dressing

Leaves



Dill & Parsley



Flaked Almonds

Mayonnaise



Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me First



Summer is still with us and what better way to enjoy the warmer weather than by diving into some perfectly spiced prawns which are a summer dinner staple? In this one, our lemon pepper seasoning complements the prawns to perfection and when paired with a simple but tasty bed of veggies, it is pure deliciousness.

Pantry items Olive Oil

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

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
cauliflower, carrot & zucchini mix	1 medium bag	1 large bag	
peeled prawns	1 packet	2 packets	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
baby spinach leaves	1 medium bag	1 large bag	
mustard cider dressing	1 packet	2 packets	
dill & parsley mayonnaise	1 medium packet	1 large packet	
flaked almonds	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)	1660kJ (396Cal)	320kJ (76Cal)
Protein (g)	21.1g	4.1g
Fat, total (g)	27.7g	5.3g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	20.3g	3.9g
- sugars (g)	17.4g	3.4g
Sodium (mg)	1318mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1921kJ (459Cal)	313kJ (74Cal)
Protein (g)	34.4g	5.6g
Fat, total (g)	28.7g	4.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	21.3g	3.5g
- sugars (g)	18.3g	3g
Sodium (mg)	1942mg	316mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice **brown onion** into wedges.
- Place onion and cauliflower, carrot & zucchini mix on a lined oven tray.
- Drizzle with olive oil and season with salt. Toss to coat. Roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine peeled prawns, lemon pepper seasoning and a drizzle of olive oil.
- 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.

Custom Recipe: If you've doubled your prawns, cook prawns as above, in batches, for 5-6 minutes, or until pink and starting to curl.



Bring it all together

 Add baby spinach leaves and mustard cider dressing to the tray with roasted veggies. Gently toss to combine. Season to taste.



Serve up

- · Divide roast veggie salad between bowls.
- Top with lemon pepper prawns.
- · Drizzle over dill & parsley mayonnaise.
- · Sprinkle over flaked almonds to serve. Enjoy!

