



Peri-Peri Prawn & Zesty Ranch Salad

with Rice, Steamed Corn & Fetta Cheese

FAST & FANCY

NEW

Grab your Meal Kit with this symbol



Corn



Cucumber



Lemon



Spring Onion



Peeled Prawns



Peri-Peri Seasoning



Sweet Chilli Sauce



Microwavable Basmati Rice



Slaw Mix



Baby Spinach Leaves



Ranch Dressing



Fetta Cubes

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

Eat Me First

Reinvigorate this humble rice number thanks to tender prawns packed with flavourful peri-peri seasoning. Some corn on the cob and our ranch salad serve as colourful companions to really ramp up the crunch and tang of this delectable dish!

Pantry items

Olive Oil, Butter

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
cucumber	1	2
lemon	½	1
spring onion	1 stem	2 stems
peeled prawns	1 packet	2 packets
peri-peri seasoning	1 sachet	2 sachets
butter*	20g	40g
sweet chilli sauce	1 small packet	1 medium packet
microwavable basmati rice	1 packet	2 packets
slaw mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
ranch dressing	1 packet	2 packets
fetta cubes	1 large packet	2 large packets

*Pantry Items

Nutrition

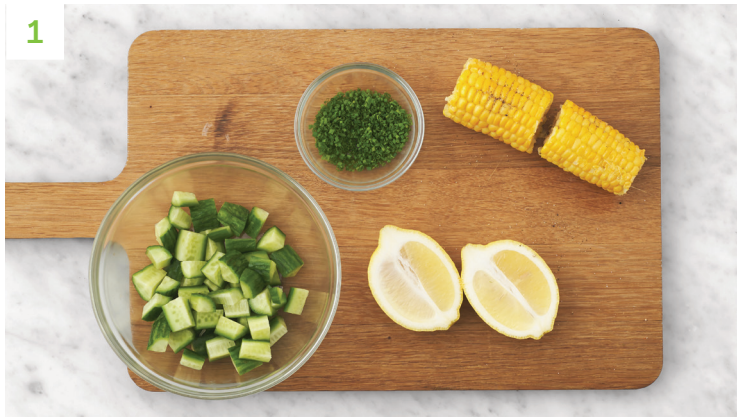
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2824kJ (675Cal)	462kJ (110Cal)
Protein (g)	30.9g	5.1g
Fat, total (g)	24.9g	4.1g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	80.4g	13.1g
- sugars (g)	22.9g	3.7g
Sodium (mg)	1962mg	321mg

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

- Cut **corn cob** in half.
- Transfer **corn** to a large microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high, until tender, **4-5 minutes**.
- Drain any excess liquid, then season with **salt** and **pepper**.
- Meanwhile, roughly chop **cucumber**.
- Halve **lemon**.
- Thinly slice **spring onion**.



Bring everything together

- Microwave **basmati rice** until steaming, **2-3 minutes**.
- Meanwhile, in a large bowl, combine **slaw mix**, **baby spinach leaves**, **cucumber**, **ranch dressing** and a good squeeze of **lemon juice**. Season to taste.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **peeled prawns** and **peri-peri seasoning**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**.
- Remove from heat and stir in the **butter**, **sweet chilli sauce** and a splash of **water**.



Serve up

- Divide rice and zesty ranch salad between plates.
- Top with peri-peri prawns and steamed corn. Drizzle over any remaining sauce from the pan.
- Crumble over **fetta cubes**. Garnish with spring onion to serve. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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