



Mexican-Spiced Prawns & Garlic Rice

with Cherry Tomato Salsa & Lime Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Snacking Tomatoes



Baby Spinach Leaves



Lime



Greek-Style Yoghurt



Tex-Mex Spice Blend



Peeled Prawns



Peeled Prawns

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

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.

Eat Me First

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
snacking tomatoes	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
lime	1	2
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)	2234kJ (534Cal)	557kJ (133Cal)
Protein (g)	22.2g	5.5g
Fat, total (g)	16.9g	4.2g
- saturated (g)	7.9g	2g
Carbohydrate (g)	70.4g	17.6g
- sugars (g)	7.6g	1.9g
Sodium (mg)	1162mg	290mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2494kJ (596Cal)	503kJ (120Cal)
Protein (g)	35.5g	7.2g
Fat, total (g)	17.8g	3.6g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	71.3g	14.4g
- sugars (g)	8.5g	1.7g
Sodium (mg)	1786mg	360mg

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!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan over medium heat, melt the **butter** with a dash of **olive oil**.
- Cook **garlic**, stirring, until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a pinch of **salt**, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes** (the rice will finish cooking in its own steam, so don't peek).

3



Cook the prawns

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a second 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**, tossing to coat. Remove from heat then season.

TIP: Don't worry if your prawns get 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.

2



Get prepped

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

4



Serve up

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

Rate your recipe

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