



# 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 Reduced\*  
*\*Custom recipe is not Calorie Reduced*



Eat Me First

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.

**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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	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
<b>honey*</b>	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
Dietary Fibre (g)	13.3g	3.3g

## 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
Dietary Fibre (g)	14.3g	2.9g

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](https://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



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## 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** 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** and toss to coat. Remove from heat. 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 Mexican-spiced prawns, cherry tomato salsa and lime yoghurt.
- Serve with any remaining lime wedges. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)