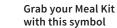


Mexican-Spiced Prawns & Garlic Rice with Cherry Tomato Salsa & Lime Yoghurt

CLIMATE SUPERSTAR













Snacking Tomatoes











Spice Blend



Peeled Prawns





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

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.



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

| 9 | | | |
|------------------------|-----------------|------------------|--|
| | 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 |
| 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 | 14.3g | 2.9g |

The quantities provided above are averages only.

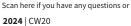
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan over medium heat, melt the butter with a dash of
- 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).



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 gets 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.



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.



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!

