



Lemon Pepper Prawns

with Roast Veggie Toss & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Carrot



Brown Onion



Peeled Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



Flaked Almonds



Peeled Prawns

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Reduced

Eat Me Early

Dive into some perfectly spiced prawns for your next dinner sensation! In this one, our lemon pepper seasoning complements the prawns to perfection and when paired with a simple but tasty bed of veggies, you have everything you could want in a meal and more!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
carrot	1	2
brown onion	1	2
peeled prawns	1 packet	2 packets
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium packet	1 large packet
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)	1931kJ (462Cal)	372kJ (89Cal)
Protein (g)	21.2g	4.1g
Fat, total (g)	26.2g	5g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	36.9g	7.1g
- sugars (g)	27g	5.2g
Sodium (mg)	1332mg	257mg
Dietary Fibre (g)	13.8g	2.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2191kJ (524Cal)	357kJ (85Cal)
Protein (g)	34.5g	5.6g
Fat, total (g)	27.2g	4.4g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	37.9g	6.2g
- sugars (g)	27.9g	4.5g
Sodium (mg)	1956mg	319mg
Dietary Fibre (g)	14.8g	2.4g

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato**, **beetroot** and **carrot** into small chunks.
- Slice **brown onion** into wedges.
- Place **veggies** 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.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Bring it all together

- To the tray with roasted veggies, add **baby spinach leaves** and **mustard cider dressing**. Gently toss to combine. Season to taste.

2



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 peeled prawns, cook prawns in batches for the best results.

4



Serve up

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

Rate your recipe

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