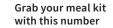


Lemon Pepper Prawns with Roast Veggie Toss & Dill-Parsley Mayo

CLIMATE SUPERSTAR









Sweet Potato





Carrot

Brown Onion





Peeled Prawns

Lemon Pepper Seasoning





Baby Spinach Leaves

Mustard Cider Dressing





Dill & Parsley Mayonnaise

Flaked Almonds

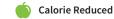


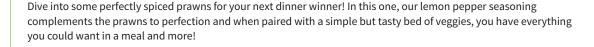






Eat Me Early







Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 \cdot 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 sachet	2 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

*Pantry Items

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)	37g	7.1g
- sugars (g)	27g	5.2g
Sodium (mg)	1340mg	258mg
Dietary Fibre (g)	13.8g	2.7g

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.



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.



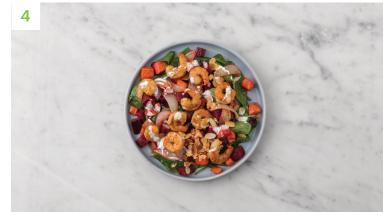
Cook the prawns

- When veggies have 5 minutes remaining, in a medium bowl, combine 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.



Bring it all together

 Add baby spinach leaves and mustard cider dressing to the tray with the roasted veggies. Gently toss to combine. Season to taste.



Serve up

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



