

# Lemon Pepper Prawns

with Roast Veggie Toss & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Sweet Potato



Beetroot



Carrot



Brown Onion



Peeled Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



Flaked Almonds



Peeled Prawns



Beef Rump

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 winner! 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!

### Pantry items

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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

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

2



## 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**.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

Cook beef rump, turning, for 4-6 minutes for medium.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

