

# Spiced Prawns & Cheesy Crouton Salad

with Ranch Dressing

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

31



Carrot



Tomato



Brown Onion



Bake-At-Home  
Ciabatta



Parmesan Cheese



Nan's Special  
Seasoning



Peeled Prawns



Ranch Dressing



Mixed Salad  
Leaves





Peeled  
Prawns



Chicken  
Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

 Calorie Smart

 Eat Me Early

Looking for a bright and seafood-based salad option? Then this delectable delight is calling! With tasty cheesy croutons and caramelised onion, you've got flavour packed into every compartment of this dish.

### Pantry items

Olive Oil, Balsamic Vinegar,  
Brown Sugar

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
tomato	1	2
brown onion	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home ciabatta	1	2
Parmesan cheese	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	2 medium sachets
peeled prawns	1 packet	2 packets
ranch dressing	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	495kJ (118Cal)
Protein (g)	29.5g	6.3g
Fat, total (g)	16g	3.4g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	71.5g	15.3g
- sugars (g)	16g	3.4g
Sodium (mg)	1810mg	386mg
Dietary Fibre (g)	12g	2.6g

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 **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons.
- Cut **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

2



## Caramelize the onion

- Meanwhile, thinly slice **brown onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium and add the **balsamic vinegar** and the **brown sugar**. Mix well, then cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

3



## Bake the cheesy croutons

- While the onion is cooking, cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- On a second lined oven tray, combine **ciabatta** and a generous drizzle of **olive oil**.
- Sprinkle over half the **Parmesan cheese**.
- Spread out in a single layer, then bake until golden, **5-8 minutes**.

4



## Cook the prawns

- While the croutons are baking, in a large bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **peeled prawns**, turning to coat.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

5



## Bring it all together

- While prawns are cooking, in a second large bowl, combine **ranch dressing** and a drizzle of **olive oil**.
- Add **mixed salad leaves**, **roast veggies** and **cheesy croutons**. Gently toss to combine. Season to taste.

6



## Serve up

- Divide cheesy crouton salad between plates and top with prawns.
- Spoon caramelized onion over prawns. Sprinkle with remaining Parmesan to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

