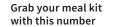


Spiced Prawns & Cheesy Crouton Salad

with Ranch Dressing

CLIMATE SUPERSTAR















Brown Onion

Bake-At-Home Ciabatta





Parmesan Cheese

Nan's Special Seasoning







Peeled Prawns

Ranch Dressing



Mixed Salad Leaves





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





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

Inaredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	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
* D		

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2319kJ (554Cal)	495kJ (118Cal)
29.5g	6.3g
16g	3.4g
4.4g	0.9g
71.5g	15.3g
16g	3.4g
1810mg	386mg
12g	2.6g
	2319kJ (554Cal) 29.5g 16g 4.4g 71.5g 16g 1810mg

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 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.



Caramelise 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.



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.



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!



Bring it all together

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



Serve up

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







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.

