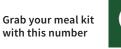


CLIMATE SUPERSTAR













**Snacking Tomatoes** 

**Baby Spinach** 







Peeled Prawns

Tex-Mex Spice Blend





Eat Me Early





## 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

Medium saucepan with a lid · Large frying pan

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
snacking tomatoes	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
lime	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
honey*	1 tsp	2 tsp

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534Cal)	557kJ (133Cal)
Protein (g)	22.2g	5.5g
Fat, total (g)	16.9g	4.2g
- saturated (g)	7.9g	2g
Carbohydrate (g)	70.4g	17.6g
- sugars (g)	7.6g	1.9g
Sodium (mg)	1162mg	290mg
Dietary Fibre (g)	13.3g	3.3g

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.



## Cook the garlic rice

- · Finely chop garlic.
- In a medium saucepan over a medium heat, melt the butter with a dash of
- · Cook garlic until fragrant, 1-2 minutes. Add basmati rice, the water and a pinch of salt, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes (the rice will finish cooking in its own steam, so don't peek).



# Cook the prawns

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. In a second medium bowl, combine Tex-Mex spice blend and a drizzle of olive oil. Add peeled prawns and toss to coat.
- 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**.
- In the last minute, add the honey and toss to coat. Remove from heat, then season.



## Get prepped

- · Meanwhile, chop snacking tomatoes.
- · Roughly chop baby spinach leaves.
- · Zest lime to get a good pinch, then slice into wedges.
- In a medium bowl, combine snacking tomatoes, spinach, lime zest and a drizzle of olive oil. Season with salt and pepper.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lime juice**. Season to taste.



# Serve up

- · Divide garlic rice between bowls.
- Top with Mexican prawns, tomato salsa and lime yoghurt.
- Serve with any remaining lime wedges. Enjoy!



through, 4-6 minutes.

