

Easy Mexican Prawn & Garlic Rice

with Cherry Tomato Salsa & Lime Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Garlic



Basmati Rice



Snacking Tomatoes



Baby Spinach Leaves



Lime



Greek-Style Yoghurt



Tex-Mex Spice Blend



Peeled Prawns



Peeled Prawns



Chicken Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

 Calorie Reduced

 Eat Me Early

Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Tex-Mex inspired flavours and then slathered with honey, your prawns will easily become the star of tonight's dinner show.

Pantry items

Olive Oil, Butter, Honey

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

*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 **olive oil**.
- 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

