



Lemon Pepper Prawns

with Roast Veggie Toss & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Sweet Potato



Beetroot



Carrot



Red Onion



Peeled Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



Flaked Almonds

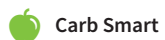


Peeled Prawns



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart

1 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
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
carrot	1	2
red 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)	1926kJ (460cal)	184kJ (44cal)
Protein (g)	21.2g	2g
Fat, total (g)	26.2g	2.5g
- saturated (g)	2.5g	0.2g
Carbohydrate (g)	37g	3.5g
- sugars (g)	27g	2.6g
Sodium (mg)	1340mg	127.9mg
Dietary Fibre (g)	13.8g	1.3g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato**, **beetroot** and **carrot** into small chunks. Slice **red 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

- To the roasted veggie tray, add **baby spinach leaves** and **mustard cider dressing**. Gently toss to combine. Season to taste with **salt** and **pepper**.

2



Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine **peeled 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 plates.
- 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 | CW35



CUSTOM OPTIONS



DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest, then slice before serving.

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

