

Peri-Peri Prawns & Roast Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Carrot & Zucchini Mix



Couscous



Peeled Prawns



Peri-Peri Seasoning



Greek-Style Yoghurt



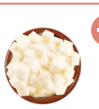
Fetta Cubes



Baby Spinach Leaves



Peeled Prawns



Fetta Cubes

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

 Calorie Smart

 Eat Me First

Light and bright, this colourful couscous bowl will have the whole dinner table smiling. Packed full of delicately seared prawns tossed with peri-peri seasoning, your prawns will easily become the star of tonight's dinner show.

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot & zucchini mix	1 medium packet	1 large packet
water*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
couscous	1 medium packet	1 large packet
butter*	20g	40g
peeled prawns	1 packet	2 packets
peri-peri seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1937kJ (463cal)	222kJ (53cal)
Protein (g)	27.4g	3.1g
Fat, total (g)	15.2g	1.7g
- saturated (g)	9.2g	1.1g
Carbohydrate (g)	53.4g	6.1g
- sugars (g)	16.2g	1.9g
Sodium (mg)	1988mg	227.7mg
Dietary Fibre (g)	7.8g	0.9g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **carrot & zucchini mix** on a lined oven tray.
- Drizzle with **olive oil**, season with a pinch of **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the prawns

- Meanwhile, in a medium bowl, combine **peeled prawns**, **peri-peri seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.
- In a small bowl, add **Greek-style yoghurt** and **fetta cubes** and mash to combine. Season to taste.
- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat and add the **honey**, tossing to coat.



Make the couscous

- When veggies have **10 minutes** remaining, in a medium saucepan, combine the **water** and **salt** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Add the **butter** and fluff up with fork.



Serve up

- Stir roast veggies and **baby spinach leaves** with a drizzle of the **white wine vinegar** and olive oil through the couscous. Season to taste.
- Divide roast veggie couscous between bowls.
- Top with peri-peri prawns and fetta yoghurt to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



DOUBLE FETTA CUBES

Follow method above.

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

