

# Zesty Prawn & Salad Roll

with Caper Mayo & Seasoned Fries

**STREET FOOD**

Grab your meal kit with this number

23



Sweet Potato



Garlic & Herb Seasoning



Spring Onion



Cucumber



Lemon



Capers



Peeled Prawns



Lemon Pepper Seasoning



Hot Dog Bun



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Chilli Flakes (Optional)

### Recipe Update

We've replaced the potato in this recipe with sweet potato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 35-45 mins

 Eat Me Early

A fresh and creamy prawn salad roll is the only cure to a blisteringly hot summer day. This meal wouldn't be complete without some hand cut fries to pick into, even the seagulls will be swarming for a bite!

### 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
spring onion	1 medium stem	2 medium stems
cucumber	1	2
lemon	½	1
capers	1 packet	2 packets
peeled prawns	1 packet	2 packets
lemon pepper seasoning	1 sachet	2 sachets
hot dog bun	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
chilli flakes (optional)	pinch	pinch

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3007kJ (719cal)	311kJ (74cal)
Protein (g)	28.8g	3g
Fat, total (g)	33.1g	3.4g
- saturated (g)	10.2g	1.1g
Carbohydrate (g)	74g	7.7g
- sugars (g)	17.2g	1.8g
Sodium (mg)	2467mg	255.2mg
Dietary Fibre (g)	11g	1.1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

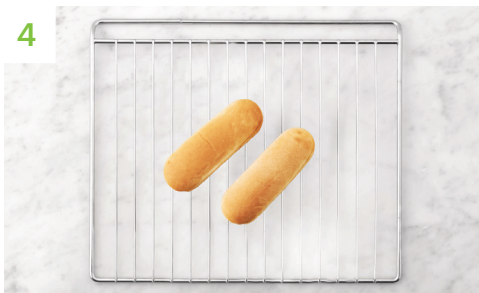
Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Bake until tender, **20-25 minutes**.

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



## Toast the buns

- When the fries have **5 minutes** remaining, bake **hot dog buns** directly on a wire oven rack until heated through, **3 minutes**.



## Get prepped

- Meanwhile, thinly slice **spring onion**.
- Thinly slice **cucumber** into sticks.
- Zest **lemon** to get a good pinch then slice into wedges.
- Roughly chop **capers**.
- In a medium bowl, combine **peeled prawns**, **lemon pepper seasoning** and a drizzle of **olive oil**.



## Bring it all together

- While the buns are baking, to the bowl with the prawns, add **dill & parsley mayonnaise**, **spring onion**, **capers** and **lemon zest**. Toss to combine.
- In a third medium bowl, combine **mixed salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**.

**TIP:** Capers have a strong flavour - add less if desired.



## Cook the prawns

- 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**.
- Transfer **prawns** to a second medium bowl and allow to cool slightly.



## Serve up

- Slice buns in half lengthways, three-quarters of the way through.
- Fill with salad leaves, cucumber and zesty prawns.
- Sprinkle with a pinch of **chilli flakes** (if using). Serve with seasoned fries and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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