

CLIMATE SUPERSTAR











**Snacking Tomatoes** 

Baby Spinach Leaves





Lemon





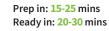
Mexican Fiesta Spice Blend

Peeled Prawns









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
white rice	1 medium packet	1 large packet
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1¼ cups	1 ½ cups
snacking tomatoes	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
lemon	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Mexican Fiesta spice blend ∮	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
honey*	1 tsp	2 tsp
coriander	1 packet	1 packet
*Pantry Items		

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545cal)	276kJ (66cal)
Protein (g)	22.3g	2.7g
Fat, total (g)	18g	2.2g
- saturated (g)	8.1g	1g
Carbohydrate (g)	70.8g	8.6g
- sugars (g)	7.9g	1g
Sodium (mg)	1219mg	147.4mg
Dietary Fibre (g)	13.1g	1.6g

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

- Rinse and drain white rice. In a medium saucepan, melt the butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes. Add white 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 spice blend is hot! Add less if you're sensitive to heat. In a second medium bowl, combine Mexican Fiesta 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 to taste.

TIP: Don't worry if your prawns gets a little charred during cooking. This adds to the flavour!



# Get prepped

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



### Serve up

- · Divide garlic rice between bowls.
- Top with Mexican prawns, cherry tomato salsa and lemon yoghurt.
- Serve with any remaining lemon wedges and tear over **coriander**. Enjoy!



**CUSTOM** 

**OPTIONS** 

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

