

Easy Mexican Prawn & Garlic Rice

with Cherry Tomato Salsa & Lemon Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit
with this number

31



Garlic Paste



White Rice



Snacking Tomatoes



Baby Spinach
Leaves



Lemon



Greek-Style
Yoghurt



Mexican Fiesta
Spice Blend



Peeled Prawns



Coriander




Peeled
Prawns



Chicken
Breast

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

 Calorie Smart

 Eat Me Early

Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of our Mexican Fiesta spice blend 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
white rice	1 medium packet	1 large packet
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1¼ cups	1½ 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.

1



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).

3



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 get a little charred during cooking. This adds to the flavour!

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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



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

