

Lemon Pepper Prawn Lettuce Cup Salad

with Pickled Veggies, Dill Parsley Mayo & Garlic Fetta

FESTIVE STARTER

NEW

CLIMATE SUPERSTAR

Grab your meal kit
with this number

31



Red Radish



Cucumber



Baby Cos
Lettuce



Garlic



Long Chilli
(Optional)



Peeled Prawns



Lemon Pepper
Seasoning




Fetta Cubes



Dill & Parsley
Mayonnaise

Prep in: 10-20 mins
Ready in: 20-30 mins

 Carb Smart

 Eat Me Early

Christmas lunch has been made easy, when you have this stellar starter to get the celebration started. These handheld lemon pepper prawn lettuce cups are perfectly light and bright and add a touch of freshness to cool down the Aussie Christmas heat!

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red radish	1	2
cucumber	1	2
white wine vinegar*	¼ cup	½ cup
baby cos lettuce	1 head	2 heads
garlic	2 cloves	4 cloves
long chilli  (optional)	½	1
peeled prawns	1 packet	2 packets
lemon pepper seasoning	1 sachet	2 sachets
fetta cubes	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1394kJ (402cal)	402kJ (116cal)
Protein (g)	18.6g	5.4g
Fat, total (g)	25.8g	7.4g
- saturated (g)	4.4g	1.3g
Carbohydrate (g)	8.4g	2.4g
- sugars (g)	7g	2g
Sodium (mg)	1248mg	359.7mg
Dietary Fibre (g)	5.2g	1.5g

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



Pickle the veggies

- Thinly slice **red radish** into rounds.
- Using a vegetable peeler, peel **cucumber** into ribbons (stopping when you reach the seeds in the centre).
- In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **radish** and **cucumber** to the pickling liquid. Add enough **water** to just cover veggies. Set aside until lightly pickled, **15-20 minutes**.

TIP: Slicing the veggies very thinly helps them pickle faster!

3



Cook the prawns

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

2



Get prepped & make the garlic fetta

- Meanwhile, trim ends of **baby cos lettuce** and separate leaves. Finely chop **garlic**. Thinly slice **long chilli** (if using).
- In a second medium bowl, combine **peeled prawns**, **lemon pepper seasoning** and a drizzle of **olive oil**.
- When pickled veggies have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** until fragrant, **1 minute**. Transfer to a small bowl.
- Crumble in **fetta cubes** and mash to combine.

4



Serve up

- Drain pickled veggies.
- Arrange lettuce cups on a serving platter and top with lemon pepper prawns and pickled veggies.
- Drizzle with **dill & parsley mayonnaise**. Season with salt and pepper.
- Top with garlic fetta and **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW49

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