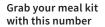


Herby Prawns & Roast Veggie Couscous with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR









Carrot



Chicken Stock

Tomato & Herb

Peeled Prawns Seasoning





Yoghurt



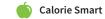
Baby Spinach Leaves





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

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 tomato and herb 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	1	2
zucchini	1	2
water*	¾ cup	1½ cups
chicken stock pot	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
butter*	20g	40g
peeled prawns	1 packet	2 packets
tomato & herb 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)	1911kJ (456Cal)	456kJ (108Cal)	
Protein (g)	27.1g	6.5g	
Fat, total (g)	15.1g	3.6g	
- saturated (g)	9.1g	2.2g	
Carbohydrate (g)	52.1g	12.4g	
- sugars (g)	15.6g	3.7g	
Sodium (mg)	1836mg	438mg	
Dietary Fibre (g)	7.7g	1.8g	

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Thinly slice carrot and zucchini into half-moons.
- Place carrot and zucchini on a lined oven tray.
- Drizzle with olive oil, season with salt and 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, tomato & herb **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. Set aside.
- 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.
- Remove pan from heat and add the **honey**, tossing to coat.



Make the couscous

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



Finish & serve

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



