

Herby Prawns & Roast Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Carrot



Zucchini



Chicken Stock Pot



Couscous



Peeled Prawns



Tomato & Herb Seasoning



Greek-Style Yoghurt



Fetta Cubes



Baby Spinach Leaves



Chicken Breast



Chicken Thigh

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

 Calorie Smart

 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.

1



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.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



SWAP TO CHICKEN THIGH

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

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

