

Mexican Prawns & Garlic Rice

with Tomato Salsa & Lime Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number











Tomato

Baby Spinach









Tex-Mex Spice Blend

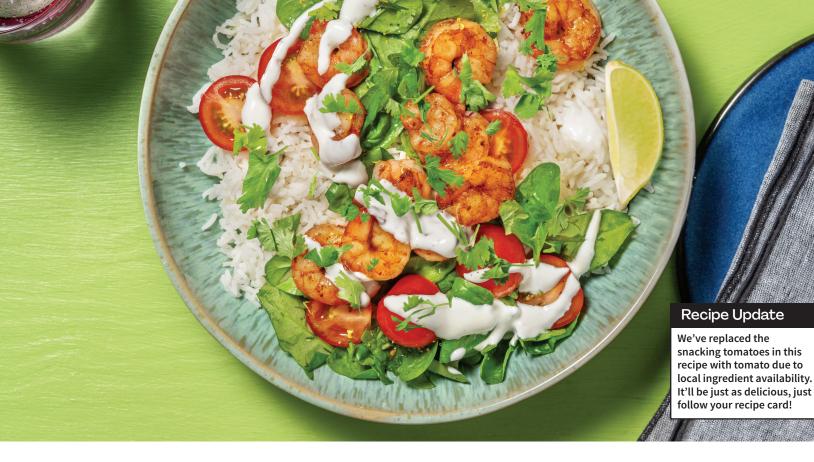
Peeled Prawns



Coriander







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



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	2½ cups
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
lime	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	½ large 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)	2216kJ (530cal)	500kJ (113cal)
Protein (g)	22.7g	5.1g
Fat, total (g)	18.3g	4.1g
- saturated (g)	8.7g	2g
Carbohydrate (g)	66.7g	15.1g
- sugars (g)	7.8g	1.8g
Sodium (mg)	1073mg	242.2mg

6.9g

The quantities provided above are averages only.

Allergens

Dietary Fibre (g)

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 over medium heat, melt the butter with a dash of olive oil. Cook garlic paste until fragrant, 1-2 minutes.
- Add 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 rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the prawns

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. In a second medium bowl, combine Tex-Mex spice blend (see ingredients) 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.



Get prepped

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



Finish & serve

- · Divide garlic rice between bowls.
- Top with Mexican prawns, tomato salsa and lime yoghurt.
- Tear over **coriander** and serve with any remaining lime wedges. Enjoy!



