

# Mexican Prawns & Garlic Rice

with Tomato Salsa & Lime Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



White Rice



Garlic Paste



Tomato



Baby Spinach Leaves



Lime



Greek-Style Yoghurt



Tex-Mex Spice Blend



Peeled Prawns



Coriander



Peeled Prawns



Chicken Breast

### Recipe Update

We've replaced the snacking tomatoes in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b>	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
<b>honey*</b>	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
Dietary Fibre (g)	6.9g	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](https://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 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!

3



## 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.

2



## 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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.

