

Easy Prawns & Roast Veggie Couscous Salad

with Garlic Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Carrot



Zucchini



Onion



Aussie Spice Blend



Couscous



Nan's Special Seasoning



Peeled Prawns



Baby Spinach Leaves



Garlic Aioli




Peeled Prawns



Diced Bacon

Prep in: 15-25 mins
Ready in: 35-45 mins

 Calorie Smart

 Eat Me Early

Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Aussie-inspired flavours and then slathered with honey, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
onion	1	2
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
couscous	1 medium packet	1 large packet
boiling water*	¾ cup	1½ cups
butter*	20g	40g
Nan's special seasoning	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598cal)	670kJ (180cal)
Protein (g)	23g	6.2g
Fat, total (g)	32.8g	8.8g
- saturated (g)	8.2g	2.2g
Carbohydrate (g)	52.8g	14.2g
- sugars (g)	16.3g	4.4g
Sodium (mg)	1494mg	400.5mg
Dietary Fibre (g)	8.2g	2.2g

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

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **Aussie spice blend**. Season with **salt** 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

- When the veggies have **5 minutes** remaining, in a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **pepper**. Add **peeled prawns**, tossing 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**.
- Remove from heat, then add the **honey**, tossing to coat.

2



Make the couscous

- Meanwhile, in a large bowl, add **couscous**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and the **butter**, stirring to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

4



Finish & serve

- To the bowl with the couscous, add **baby spinach leaves**, roasted veggies and a drizzle of **white wine vinegar** and olive oil.
- Toss to combine and season to taste.
- Divide roast veggie couscous salad between bowls.
- Top with prawns and a dollop of **garlic aioli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

