

Moroccan Prawns & Veggie Couscous

with Dill-Parsley Yoghurt Sauce

TASTE OF MIDDLE EAST

Grab your meal kit
with this number

31



Tomato



Sweet Potato



Couscous



Chicken Stock
Pot



Peeled Prawns



Chermoula Spice
Blend



Greek-Style
Yoghurt



Dill & Parsley
Mayonnaise



Baby Spinach
Leaves



Beef Strips



Peeled Prawns

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

 Eat Me Early

We love the way honey caramelises in a pan, lending a sweet and sticky finish to prawns. We've boosted the flavour further with your favourite chermoula spice and served the whole shebang on a bed of fluffy veggie couscous for satisfaction, guaranteed. This one, has all of our favourite Middle Eastern flavours in the one dish!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
sweet potato	1	2
couscous	1 medium packet	1 large packet
chicken stock pot	1 small packet	1 medium packet
boiling water*	¾ cup	1½ cups
butter*	20g	40g
peeled prawns	1 packet	2 packets
chermoula spice blend	½ large sachet	1 large sachet
honey*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2884kJ (689cal)	712kJ (176cal)
Protein (g)	26.2g	6.5g
Fat, total (g)	36.8g	9.1g
- saturated (g)	9.4g	2.3g
Carbohydrate (g)	63.5g	15.7g
- sugars (g)	19g	4.7g
Sodium (mg)	1733mg	427.9mg
Dietary Fibre (g)	9.2g	2.3g

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 sweet potato

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Roughly chop **tomato**. Cut **sweet potato** into bite-sized chunks.
- Spread **sweet potato** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **sweet potato** on high, **2 minutes**.
- Drain, then place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

3



Cook the prawns

- While the couscous is cooking, in a medium bowl, combine **peeled prawns**, **chermoula spice blend** (see ingredients), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- 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** of cook time, add the **honey** and toss to combine. Remove from heat.

2



Start the couscous

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

4



Finish & serve

- In a small bowl, combine **Greek-style yoghurt** and **dill & parsley mayonnaise**.
- Stir roasted sweet potato, tomato and **baby spinach leaves** through the couscous. Season to taste.
- Divide veggie couscous between bowls. Top with Moroccan prawns and dill-parsley yoghurt sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.

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

