

# Panko-Crumbed Prawn Roll

with Coconut Sweet Chilli Mayo & Wedges

NEW



Grab your meal kit with this number

31



Potato



Garlic



Panko Breadcrumbs



Peeled Prawns



Mixed Salad Leaves



Hot Dog Buns



Coconut Sweet Chilli Mayonnaise



Chicken Breast



Cheddar Cheese

Prep in: 25-35 mins  
Ready in: 30-40 mins

 Eat Me Early

This banging prawn roll is another superb dish to add to your repertoire! You'll be crumbing the prawns in a delicious panko crumb and then pan frying them to get the crispiest texture. Top it all off with some coconut sweet chilli mayo and wedges to serve.

### Pantry items

Olive Oil, Butter, Plain Flour, Egg, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
<b>butter*</b>	20g	40g
<b>plain flour*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	½ medium packet	1 medium packet
peeled prawns	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
hot dog buns	2	4
coconut sweet chilli mayonnaise	1 medium packet	2 medium packets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4007kJ (957Cal)	780kJ (186Cal)
Protein (g)	41g	8g
Fat, total (g)	43.7g	8.5g
- saturated (g)	25.6g	5g
Carbohydrate (g)	100.5g	19.6g
- sugars (g)	17.1g	3.3g
Sodium (mg)	1630mg	317mg
Dietary Fibre (g)	16.1g	3.1g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the prawns

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **prawns** until golden and cooked through, **2 minutes** each side. Transfer to a paper towel-lined plate. Season with **salt**.



## Make garlic butter

- Meanwhile, finely chop **garlic**.
- In a small microwave-safe bowl, heat the **butter** in **10 second** bursts, until slightly softened.
- Add **garlic** and mash with a fork to combine. Season with **salt** and **pepper**. Set aside.



## Toast the buns

- In a medium bowl, combine **mixed salad leaves** with a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- Slice **hot dog buns** in half lengthways, three quarters of the way through, then spread with **garlic butter**.
- Bake **hot dog buns** directly on a wire oven rack until heated through, **3 minutes**.



## Crumb the prawns

- In a shallow bowl, add the **plain flour** and **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl add **panko breadcrumbs** (see ingredients).
- Pat **peeled prawns** dry, then toss in **plain flour** to coat. Dip **prawns** into the **egg mixture** and finally into the **panko**.



## Finish & serve

- Fill buns with mixed salad leaves and panko-crumbed prawns, then drizzle over **coconut sweet chilli mayonnaise**.
- Serve with wedges. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut horizontally into steaks. Follow crumbing method above. Cook until cooked through, 3-5 minutes each side.



#### ADD CHEDDAR CHEESE

In the last 5 minutes of baking time, sprinkle over wedges and continue baking until melted.

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

