



# Chilli Garlic Prawns & Tomato-Rocket Salad

with Parmesan Crushed Potatoes & Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Snacking Tomatoes



Garlic



Greek-Style Yoghurt



Prawns



Chilli Flakes (Optional)



Spinach, Rocket & Fennel Mix



Prawns

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Eat Me First

Perk up this week's prawns with some honey and a kick from the chilli flakes, along with some cheesy crushed potatoes that are an all-time favourite. Finish it off with a bright tomato salad for maximum freshness and flavour!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)



## Before you start

Wash your hands and any fresh food.

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
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
snacking tomatoes	1 punnet	2 punnets
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
chilli flakes (optional)	pinch	pinch
<b>honey*</b>	1 tsp	2 tsp
spinach, rocket & fennel mix	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1248kJ (298Cal)	268kJ (64Cal)
Protein (g)	25.5g	5.5g
Fat, total (g)	6.1g	1.3g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	29.1g	6.3g
- sugars (g)	8.3g	1.8g
Sodium (mg)	828mg	178mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1572kJ (375Cal)	278kJ (66Cal)
Protein (g)	39.3g	7g
Fat, total (g)	6.6g	1.2g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	29.1g	5.1g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1480mg	262mg

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



1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until just tender, **18-20 minutes**.
- Lightly crush **semi-roasted potatoes** on the tray. Sprinkle with **shaved Parmesan cheese**. Return to oven to roast until golden, **8-10 minutes**.

4



## Cook the prawns

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add a pinch of **chilli flakes** (if using) and remaining **garlic** and cook until fragrant, **1 minute**.
- Remove from heat and add the **honey**, tossing to combine. Season to taste.

**Custom Recipe:** If you've doubled your prawns, cook prawns in batches for the best results. Return all prawns to the pan before adding the chilli flakes and garlic.

2



## Get prepped

- When potatoes have **10 minutes** remaining, halve **snacking tomatoes**.
- Finely chop **garlic**.

5



## Toss the salad

- In a large bowl, combine **spinach, rocket & fennel mix, snacking tomatoes** and a drizzle of **olive oil** and the **vinegar**. Season.

3



## Make garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

6



## Serve up

- Divide chilli-garlic honey prawns, Parmesan crusted potatoes and tomato salad between bowls.
- Serve with garlic yoghurt. Enjoy!

## Rate your recipe

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