



# Mexican-Spiced Prawns & Garlic Rice

with Cherry Tomato Salsa & Lemon Yoghurt

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Snacking Tomatoes



Baby Spinach Leaves



Lemon



Tex-Mex Spice Blend

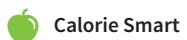


Greek-Style Yoghurt



Prawns

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



Calorie Smart

Eat Me First

Light and bright, this colourful seafood bowl will have the whole dinner table smiling. Packed full of Tex-Mex 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



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
snacking tomatoes	1 punnet	2 punnets
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
prawns	1 packet (200g)	2 packets (400g)
<b>honey*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2332kJ (557Cal)	589kJ (141Cal)
Protein (g)	24g	6.1g
Fat, total (g)	16.4g	4.1g
- saturated (g)	7.5g	1.9g
Carbohydrate (g)	69.6g	17.6g
- sugars (g)	6.8g	1.7g
Sodium (mg)	1159mg	293mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.nz/foodinfo](https://hellofresh.com.nz/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



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## Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati 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**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the prawns

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **Tex-Mex spice blend** and a drizzle of **olive oil**. Add **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.

**TIP:** Don't worry if your prawns gets a little charred during cooking. This adds to the flavour!

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## Get prepped

- Meanwhile, chop **snacking tomatoes**. Roughly chop **baby spinach leaves**. Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **snacking tomatoes**, **spinach**, **lemon zest** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste.

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## Serve up

- Divide garlic rice between bowls. Top with the Mexican-spiced prawns, tomato salsa and lemon yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)