



Zesty Prawn & Roast Veggie Toss

with Dill-Parsley Mayo & Flaked Almonds

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Carrot



Brown Onion



Lemon Pepper Seasoning



Baby Spinach Leaves



Flaked Almonds



Prawns



Mustard Cider Dressing



Dill & Parsley Mayonnaise

Prep in: 15-25 mins
Ready in: 30-40 mins

Carb Smart

Eat Me First

Summer is upon us and what better way to ring in the new season than by diving into some perfectly spiced prawns which are a summer lunch staple? In this one, our lemon pepper seasoning complements the prawns to perfection and when paired with a simple but tasty bed of veggies, you have everything you could want in a meal and more!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
carrot	1	2
brown onion	1	2
prawns	1 packet (200g)	2 packets (400g)
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2072kJ (495Cal)	371kJ (89Cal)
Protein (g)	23.5g	4.2g
Fat, total (g)	25.8g	4.6g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	38.3g	6.9g
- sugars (g)	28.2g	5g
Sodium (mg)	1347mg	241mg
Dietary Fibre (g)	13.8g	2.5g

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

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato, beetroot and carrot** into small chunks. Slice **brown onion** into wedges. Place **veggies** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Bring it all together

- To the tray with roasted veggies, add **baby spinach leaves** and **mustard cider dressing**. Gently toss to combine. Season to taste.

2



Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine **prawns, lemon pepper seasoning** and a drizzle of **olive oil**.
- 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**.

4



Serve up

- Divide roast veggie toss between bowls. Top with lemon pepper prawns.
- Drizzle over **dill & parsley mayonnaise**. Sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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