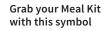


Smokey Prawns & Roast Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN













Chicken-Style Stock Powder





Nan's Special Seasoning

Couscous



Greek-Style Yoghurt





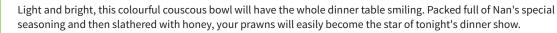
Baby Spinach Leaves



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

Eat Me First





Pantry items

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
Nan's special seasoning	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	2 mediumpackets OR 1 large packet
fetta	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
prawns**	1 packet (200g)	2 packets (400g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
1720kJ (411Cal)	406kJ (97Cal)
26.9g	6.4g
6.3g	1.5g
3.2g	0.8g
53.6g	12.7g
17.7g	4.2g
1832mg	433mg
	1720kJ (411Cal) 26.9g 6.3g 3.2g 53.6g 17.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1987kJ (474Cal)	380kJ (90Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	6.8g	1.3g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	53.6g	10.2g
- sugars (g)	17.7g	3.4g
Sodium (mg)	2484mg	474mg

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut **carrot** and **capsicum** into bite-sized chunks. Place veggies on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, 20-25 minutes.

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



Make the couscous

- When veggies have 10 minutes remaining, in a medium saucepan, combine the water (3/4 cup for 2 people / 1 1/2 cups for 4 people) and chicken-style stock powder and bring to the boil.
- Add couscous and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes.** Fluff up with fork.



Get prepped

- Meanwhile, in a medium bowl, combine prawns, Nan's special seasoning, a drizzle of olive oil and a pinch of pepper.
- In a small bowl, add **Greek-style yoghurt** and **fetta** and mash to combine. Season to taste.

Custom Recipe: If you've doubled your prawns, combine all prawns with spice blend as above.



Cook the prawns

- Heat a large frying pan with a drizzle of olive oil over medium-high heat.
- Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- Remove pan from heat and add the honey, tossing to coat.

Custom Recipe: Cook prawns in batches for the best results, returning all prawns to the pan before adding the honey.



Bring it all together

 To couscous, stir through roast veggies and baby spinach leaves with a drizzle of the white wine vinegar and olive oil. Season to taste.



Serve up

- Divide roast veggie couscous between bowls.
- Top with smokey prawns and fetta yoghurt to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate