



Spiced Prawns & Veggie Pearl Couscous

with Nutty Garlic Fetta & Balsamic Glaze

Grab your Meal Kit with this symbol



Cherry Tomatoes



Capsicum



Red Onion



Yellow Squash



Garlic



Parsley



Roasted Almonds



Lemon



Fetta



Pearl Couscous



Vegetable Stock



King Prawns



Aussie Spice Blend



Spinach & Rocket Mix



Balsamic Glaze

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat me first

Calorie Smart

We're beyond excited to bring you this gorgeous prawn dish with pearl couscous, cherry tomatoes, garlic and parsley, all topped off with garlicky fetta and a balsamic glaze.

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnet
capsicum	1	2
red onion	1	2
yellow squash	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
roasted almonds	1 packet	2 packets
lemon	½	1
fetta	1 packet (50g)	1 packet (100g)
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
vegetable stock	1 cube	2 cubes
king prawns	1 packet	2 packets
Aussie spice blend	1 sachet	2 sachets
spinach & rocket mix	1 bag (30g)	1 bag (60g)
balsamic glaze	1 bottle	2 bottles

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2270kJ (542Cal)	374kJ (89Cal)
Protein (g)	32.7g	5.4g
Fat, total (g)	16.2g	2.7g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	59.7g	9.8g
- sugars (g)	22.9g	3.8g
Sodium (mg)	1671mg	275mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Pinot Gris or Sauvignon Blanc



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Halve the **cherry tomatoes**. Cut the **capsicum** into 2cm chunks. Cut the **red onion** and **yellow squash** into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **20-25 minutes**.

TIP: If the veggies don't fit on one oven tray, divide them between two trays.



Make the nutty garlic fetta

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl. Crumble in the **fetta**, and add the **parsley**, **almonds** and **lemon zest** into the **garlic oil mixture**. Stir to combine and season to taste.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Finely chop the **parsley** leaves. Roughly chop the **roasted almonds**. Zest the **lemon** (see ingredients) to get a good pinch and slice into wedges. In a medium bowl, combine the **king prawns**, **Aussie spice blend** and a drizzle of **olive oil**, then season with **pepper**.



Cook the spiced prawns

When the veggies have **5 minutes** remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **prawns**, tossing, until pink and starting to curl up, **3 minutes**.



Cook the couscous

In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-12 minutes**.



Serve up

Stir the roasted veggies, a squeeze of lemon juice and the **spinach & rocket mix** through the pearl couscous and divide between plates. Top with the spiced prawns and the nutty garlic fetta. Drizzle over the **balsamic glaze**. Serve with any remaining lemon wedges.

Enjoy!



Coconut & White Choc-Chip Brownies

with Passionfruit Cream

Grab your Meal Kit with this symbol



Chocolate Brownie Mix



Mini White Chocolate Chips



Shredded Coconut



Passionfruit



Thickened Cream

Hands-on: 15 mins
Ready in: 35 mins

Allow this tropical take on brownies transport you to an island getaway. With coconut and white chocolate chips, every decadent bite is pure indulgence. The passionfruit cream adds the perfect finishing touch.

Pantry items

Butter, Eggs

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

20cm square baking tin lined with baking paper

Ingredients

	9 People
butter*	150g
eggs*	3
chocolate brownie mix	1 packet
mini white chocolate chips	1 packet
shredded coconut	1 packet
passionfruit	1
thickened cream	1 packet (150ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1860kJ (445Cal)	1590kJ (380Cal)
Protein (g)	5.5g	4.7g
Fat, total (g)	27.9g	23.8g
- saturated (g)	18.7g	16.0g
Carbohydrate (g)	41.3g	35.2g
- sugars (g)	36.3g	31.0g
Sodium (mg)	163mg	139mg

*Nutritional information is based on 9 servings

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Melt the butter

Preheat the oven to **180°C/160°C fan-forced**. Line a 20cm square baking tin with baking paper. Melt the **butter** in the microwave or in a saucepan.



Combine the ingredients

Whisk the eggs in a large mixing bowl. Add the **chocolate brownie mix**, **mini white chocolate chips**, melted **butter** and a pinch of **salt**. Stir together with a wooden spoon until well combined.



Prep the brownie mixture

Pour the **brownie mixture** into the prepared baking tin and spread with the back of the wooden spoon.



Bake the brownie

Sprinkle the **shredded coconut** over the top of the brownie. Bake the brownie for **25-28 minutes** or until just firm to the touch but still a little soft in the middle. Allow to cool completely in the baking tin.

TIP: To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownie more cakey and less fudgy, bake for an extra **5 minutes**.



Make the passionfruit cream

While the brownie is baking, halve the **passionfruit**. Place the **thickened cream** into a large bowl or jug and whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

TIP: If you don't have an electric mixer, use a hand metal whisk instead, whisking until soft peaks form, **5-10 minutes**.



Serve up

Just before serving, lightly fold the passionfruit into the whipped cream, being careful not to over mix. When the brownies have cooled, slice into 9 squares and transfer to a serving plate. Top with the passionfruit cream.

TIP: Store any leftover brownies in an airtight container in fridge!

Enjoy!