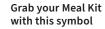


Tapas-Style Garlic Prawns & Patatas Bravas with Almond Green Beans & Ciabatta











Chat Potatoes

Green Beans





Cherry Tomatoes



Green Olives

Garlic & Herb

Bake-At-Home

Seasoning





Ciabatta

Slivered Almonds



Mojo Rojo Dressing

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

Calorie Smart



Eat Me First

What better way to celebrate being able to have friends and family over than with an epic spread like this one? The green olives and chargrilled capsicums add a depth of flavour and pop of colour to the meaty prawns, and the slightly smoky and tangy mojo rojo dressing works a treat with the potatoes. Enjoy!

Pantry items Olive Oil, Butter

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
chat potatoes	1 bag (400g)	1 bag (800g)	
green beans	1 small bag	1 medium bag	
cherry tomatoes	1 punnet	2 punnets	
garlic	3 cloves	6 cloves	
parsley	1 bag	1 bag	
green olives	1 medium packet	1 large packet	
garlic & herb seasoning	1 sachet	2 sachets	
bake-at-home ciabatta	1	2	
prawns	1 packet	2 packets	
butter*	20g	40g	
chargrilled capsicums	1 packet	2 packets	
slivered almonds	1 medium packet	1 large packet	
mojo rojo dressing	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	422kJ (101Cal)
Protein (g)	29.5g	4.7g
Fat, total (g)	28.1g	4.5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	68.7g	10.9g
- sugars (g)	11.4g	10.9g
Sodium (mg)	2326mg	370mg

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.



Roast the potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **chat potatoes** in half. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. Remove from oven.

TIP: Cut any larger potatoes into quarters so they roast evenly.

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



Get prepped

While the potatoes are roasting, trim the **green beans** and slice in half. Halve the **cherry tomatoes**. Finely chop the **garlic**. Roughly chop the **parsley** and **green olives**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **cherry tomatoes** and **green beans** and cook, tossing, until tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season to taste, then transfer to a serving bowl. Cover to keep warm.



Bake the ciabatta

Slice the **ciabatta**. In a large bowl, combine the **garlic and herb seasoning** and a drizzle of **olive oil**. Add the **ciabatta**, turning to coat. Place on a second lined oven tray and bake until golden, **5-7 minutes**.



Cook the prawns

While the ciabatta is baking, return the frying pan to 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, **3-4 minutes**. Add the **butter**, **green olives**, **chargrilled capsicums**, the remaining **garlic** and 1/2 the **parsley** and cook until fragrant, **1 minute**. Season to taste, then remove from heat.



Serve up

Sprinkle the **slivered almonds** over the veggies. Transfer the potatoes to a bowl and top with the **mojo rojo dressing** and remaining parsley. Bring the garlic prawns, patatas bravas, ciabatta and almond green beans to the table to serve.

Enjoy!