

Tapas-Style Garlic Prawns & Patatas Bravas

with Almond Green Beans & Ciabatta

Grab your Meal Kit with this symbol



Chat Potatoes



Green Beans



Cherry Tomatoes



Garlic



Parsley



Green Olives



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Prawns



Chargrilled Capsicums



Slivered Almonds



Mojo Rojo Dressing

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

 Eat Me First

 Calorie Smart

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.



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**.



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 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.



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.



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!