



















# Thai-Style Prawn & Roast Pumpkin Salad

with Lemon, Chilli & Peanut Dressing

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Thai Stir-Fry Spice
-  Garlic
-  Makrut Lime Leaves
-  Lemon
-  Cherry/ Snacking Tomatoes
-  Cucumber
-  Mint
-  Coriander
-  Roasted Peanuts
-  Sweet Chilli Sauce
-  Mixed Salad Leaves
-  Long Chilli (Optional)
-  Crispy Shallots
-  Fish Sauce & Rice Vinegar Mix
-  Prawns

Prep in: 25-35 mins  
Ready in: 40-50 mins

 Eat Me First

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Calorie Smart

Complete with a zingy, textural dressing, this elegant prawn dish is something special. Bursting with bright greens, sweet cherry tomatoes and spiced roast pumpkin, expect an explosion of flavour with each bite.

### 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
<b>olive oil*</b>	refer to method	refer to method
butternut pumpkin	1 medium	1 large
Thai stir-fry spice	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
lemon	½	1
fish sauce & rice vinegar mix	1 packet (20g)	1 packet (40g)
prawns	1 packet (225g)	2 packets (450g)
cherry/snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
mint	1 bag	1 bag
coriander	1 bag	1 bag
roasted peanuts	1 medium packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
<b>water*</b>	2 tsp	1 tbs
mixed salad leaves	1 medium bag	1 large bag
long chilli  (optional)	½	1
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1777kJ (424Cal)	252kJ (60Cal)
Protein (g)	25.6g	3.6g
Fat, total (g)	22.5g	3.2g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	48.5g	6.9g
- sugars (g)	26.5g	3.8g
Sodium (mg)	1878mg	267mg

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](https://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 Riesling or Chenin Blanc.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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## Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **butternut pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Thai stir-fry spice** and season generously with **salt** and **pepper**. Toss to coat, then arrange in a single layer.
- Roast until tender, **25-30 minutes**.

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

4



## Make the salad

- In a large bowl, add a drizzle of **olive oil**. Season, then stir to combine.
- Add **cherry tomatoes, cucumber, mint** and **mixed salad leaves**. Set aside.

**TIP:** Toss the salad just before serving to keep the leaves crisp.

2



## Flavour the prawns

- Meanwhile, finely chop **garlic**. De-stem the **makrut lime leaves**, then finely chop. Zest **lemon** to get a pinch, then slice into wedges.
- In a medium bowl, combine **garlic, makrut lime, lemon zest** and **fish sauce & rice vinegar mix**. Add **prawns**, tossing to coat.

**TIP:** Makrut lime leaves are fibrous so you want to cut them into small pieces.

5



## Cook the prawns

- When the pumpkin has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **prawns** (including the marinade!), tossing, until pink and starting to curl up, **3 minutes**.

3



## Get prepped

- Halve **cherry tomatoes**. Thinly slice **cucumber** into half-moons.
- Pick and thinly slice **mint leaves**. Finely chop **coriander**. Roughly chop **roasted peanuts**.
- In a small bowl, combine **peanuts, sweet chilli sauce, coriander**, the **water** and a generous squeeze of **lemon juice**. Season to taste.

6



## Serve up

- Thinly slice **long chilli** (if using).
- Divide roast pumpkin and salad between plates. Top with Thai-style prawns.
- Drizzle over lemon, chilli and peanut dressing.
- Sprinkle with **crispy shallots** and chilli. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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