

















Thai-Style Prawn & Roast Pumpkin Salad

with Lemon, Chilli & Peanut Dressing


GOURMET

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Thai Stir-Fry Spice
-  Garlic
-  Makrut Lime Leaves
-  Lemon
-  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  Calorie Smart

 Eat Me First

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
olive oil*	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)
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 medium packet	1 large packet
water*	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)	1787kJ (427Cal)	254kJ (61Cal)
Protein (g)	27.3g	3.9g
Fat, total (g)	23.4g	3.3g
- saturated (g)	5.1g	0.7g
Carbohydrate (g)	44.3g	6.3g
- sugars (g)	30.9g	4.4g
Sodium (mg)	1874mg	266mg

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://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 Riesling or Chenin Blanc.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW43



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.



Make the salad

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

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



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.



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**. Remove from heat.



Get prepped

- Halve **snacking 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.



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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