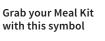


with Garlic Pangrattato, Leek & Parmesan

KID FRIENDLY















Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Panko Breadcrumbs



Peeled Prawns





**Baby Spinach** 



**Grated Parmesan** 



Cheese



Recipe Update Unfortunately, this week's arborio rice was in short supply, so we've replaced it with Israeli couscous. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart\* \*Custom Recipe is not Calorie Smart A prawn pearl couscous, that sounds like the magic words to conjure one enchanted dinner, fresh and steaming from the oven. Be amazed by the garlicky pangrattato on top of the prawns with pops of leek and herbs scattered throughout. Your tastebuds will be in awe.

Pantry items Olive Oil, Butter

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Large frying pan · Medium or large baking dish

# Ingredients

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
leek	1	2		
garlic	3 cloves	6 cloves		
garlic & herb seasoning	1 sachet	2 sachets		
Israeli couscous	2 packets	4 packets		
water*	1½ cups	3 cups		
vegetable stock powder	1 medium sachet	1 large sachet		
panko breadcrumbs	½ medium packet	1 medium packet		
peeled prawns	1 packet	2 packets		
chilli flakes (optional) 🌶	pinch	pinch		
butter*	40g	80g		
grated Parmesan cheese	1 medium packet	1 large packet		
baby spinach leaves	1 medium bag	1 large bag		
peeled prawns**	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2600kJ (621Cal)	775kJ (185Cal)
Protein (g)	30.6g	9.1g
Fat, total (g)	4.9g	1.5g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	104.4g	31.1g
- sugars (g)	6.1g	1.8g
Sodium (mg)	2131mg	635mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	678kJ (162Cal)
Protein (g)	44.3g	10.2g
Fat, total (g)	5.4g	1.2g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	104.4g	24g
- sugars (g)	6.1g	1.4g
Sodium (mg)	2783mg	639mg

The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### We're here to help!

Scan here if you have any questions or concerns

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# Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Thinly slice leek. Finely chop garlic.



### Bake the couscous

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook leek, garlic & herb seasoning and half the garlic until fragrant, 1 minute.
- Add Israeli couscous, stirring to combine. Add the water and vegetable stock powder and bring to the boil. Cook, stirring, until combined, 2 minutes.
- Transfer veggie couscous to a baking dish. Cover tightly with foil and bake until liquid is absorbed, 28-32 minutes.



# Make the pangrattato

- While the couscous is baking, wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook panko breadcrumbs (see ingredients) and remaining garlic, stirring, until golden brown, 3-4 minutes.
- Transfer to a bowl and season to taste.



# Cook the prawns

- When the couscous has 5 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil.
- Cook peeled prawns, a pinch of chilli flakes (if using) and half the butter, tossing, until prawns are pink and starting to curl up, 3-4 minutes.
- Remove from heat and season to taste.

**Custom Recipe:** If you've doubled your prawns, cook in batches for the best result.



# Bring it all together

 Remove couscous from oven. Stir through grated Parmesan cheese, baby spinach leaves and remaining butter. Season to taste.

**TIP:** If the couscous is dry, stir through a splash of water.

**Little cooks:** Kids can lend a hand by sprinkling over the cheese and spinach. Careful, it's hot!



# Serve up

- Divide baked leek Israeli couscous between howls.
- Top with chilli butter prawns.
- Sprinkle over garlic pangrattato to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the pangrattato!



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