



Chilli Butter Prawns & Israeli Couscous

with Garlic Pangrattato, Leek & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Garlic



Garlic & Herb Seasoning



Israeli Couscous



Vegetable Stock Powder



Panko Breadcrumbs



Peeled Prawns



Chilli Flakes (Optional)



Grated Parmesan Cheese



Baby Spinach Leaves



Peeled Prawns

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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

*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

2023 | CW36



Get prepped

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



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.



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**.



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!



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.



Serve up

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

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate