



# Tropical Lemon Pepper Prawn Burger

with Aioli & Veggie Fries

GAME NIGHT

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Peeled Prawns



Lemon Pepper Spice Blend



Burger Buns



Mixed Salad Leaves



Garlic Aioli

Prep in: 15-25 mins  
Ready in: 30-40 mins



Not only are we cheering for our favourite teams to take home a win, but we're also cheering for zesty pepper prawns to win over our tastebuds. Go all out plating them up in a burger, slather in a fragrant garlic aioli and serve with crisp veggie fries. We think it's truly a win-win night.

### Pantry items

Olive Oil, White Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
garlic	2 cloves	4 cloves
peeled prawns	1 packet	2 packets
lemon pepper spice blend	1 sachet	1 sachet
burger buns	2	4
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2402kJ (574Cal)	460kJ (110Cal)
Protein (g)	28.1g	5.4g
Fat, total (g)	13.8g	2.6g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	78.1g	15g
- sugars (g)	18.2g	3.5g
Sodium (mg)	1170mg	224mg

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

1



## Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

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

3



## Cook the prawns

- When the fries have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Season to taste.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



## Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **peeled prawns**, **garlic**, **lemon pepper spice blend** and a drizzle of **olive oil**. Set aside.

4



## Serve up

- Spread both halves of burger buns with **garlic aioli**. Top with lemon pepper prawns and salad.
- Serve with veggie fries. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW38

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