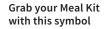


# Tropical Lemon Pepper Prawn Burger with Aioli & Veggie Fries

GAME NIGHT















Peeled Prawns

Lemon Pepper Spice Blend





Mixed Salad Leaves



Garlic Aiol



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

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	2 People	4 People	
olive oil*	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	
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



## 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.



## 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.



## Serve up

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

