



Spiced Prawns & Cheesy Crouton Salad

with Herby Mayo & Caramelised Onion

NEW

Grab your Meal Kit with this symbol



Carrot



Tomato



Onion



Wholemeal Panini



Grated Parmesan Cheese



Aussie Spice Blend



Peeled Prawns



Sweetcorn



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Peeled Prawns

Prep in: 25-35 mins
Ready in: 35-45 mins



These Aussie-spiced prawns are a down-under delight that'll have you coming back for more! Paired with a cheesy crouton salad, sweet caramelised onions and a luscious herby mayo - who could compete with that combo?

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
wholemeal panini	1	2
grated Parmesan cheese	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
sweetcorn	½ large tin	1 large tin
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2304kJ (551Cal)	485kJ (116Cal)
Protein (g)	27.1g	5.7g
Fat, total (g)	24.6g	5.2g
- saturated (g)	5.1g	1.1g
Carbohydrate (g)	48.5g	10.2g
- sugars (g)	18.4g	3.9g
Sodium (mg)	1727mg	363mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	461kJ (110Cal)
Protein (g)	40.8g	7.1g
Fat, total (g)	25.1g	4.4g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	49.5g	8.6g
- sugars (g)	19.4g	3.4g
Sodium (mg)	2379mg	413mg

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

2024 | CW09



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons. Cut **tomato** into thick wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

4



Cook the prawns

- While the croutons are baking, combine **Aussie spice blend** and a drizzle of **olive oil** in a large bowl. Add **peeled prawns** and turn to coat.
- Drain **sweetcorn** (see ingredients).
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns** and **corn**, tossing, until prawns turn pink and start to curl up, **3-4 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for best results.

2



Caramelize the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium and add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well, then cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.

5



Bring it all together

- In a second large bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Add **mixed salad leaves**, **roast veggies** and **cheesy croutons**. Gently toss to combine. Season to taste.

3



Bake the cheesy croutons

- While the onion is cooking, cut or tear the **wholemeal panini** into bite-sized chunks.
- On a second lined oven tray, combine panini and a generous drizzle of **olive oil**.
- Sprinkle over half the **grated Parmesan cheese**.
- Spread out in a single layer, then bake until golden, **5-8 minutes**.

6



Serve up

- Divide cheesy crouton salad between bowls and top with spiced prawns.
- Spoon caramelised onion over prawns. Sprinkle with remaining Parmesan cheese and serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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