



Honey-Sumac Prawns & Couscous Salad

with Garlic Dip & Hazelnuts

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Hazelnuts



Couscous



Chicken-Style Stock Powder



Peeled Prawns



Turkish Sumac Seasoning



Baby Leaves



Garlic Dip



Peeled Prawns

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



Calorie Smart*

*Custom Recipe is not Calorie Smart

The couscous is so fluffy that it's cuddling the fresh prawns in a warm hug! Let those flavours embrace you with sumac seasoning and honey, all pulled together with crunchy roasted almonds and a garlicky dip.

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

Pantry items

Olive Oil, Honey, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
hazelnuts	1 packet	2 packets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
peeled prawns	1 packet	2 packets
Turkish sumac seasoning	½ sachet	1 sachet
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic dip	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)	2406kJ (575Cal)	788kJ (188Cal)
Protein (g)	24.8g	8.1g
Fat, total (g)	30.2g	9.9g
- saturated (g)	2.8g	0.9g
Carbohydrate (g)	43.8g	14.3g
- sugars (g)	7g	2.3g
Sodium (mg)	1373mg	449mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2756kJ (659Cal)	680kJ (163Cal)
Protein (g)	38.5g	9.5g
Fat, total (g)	30.7g	7.6g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	44.8g	11g
- sugars (g)	8g	2g
Sodium (mg)	2025mg	499mg

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.



Get prepped

- Boil the kettle. Slice **cucumber** into half-moons. Roughly chop **hazelnuts**.
- Place **couscous** and **chicken-style stock powder** in a large heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Bring it all together

- Meanwhile, add **baby leaves** to the **couscous**, along with **cucumber** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.



Cook the prawns

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **peeled prawns**, tossing, until pink and starting to curl up, **2-3 minutes**.
- Add **Turkish sumac seasoning** (see ingredients) and stir, until fragrant, **1 minute**.
- Remove from heat, add the **honey** and toss to combine.

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



Serve up

- Divide couscous salad between bowls.
- Top with honey-sumac prawns.
- Drizzle over **garlic dip**. Garnish with halzenuts to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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