



# Garlic Butter Prawn Po'Boys & Herby Mayo

with Cucumber Salad & Spiced Fries

TAKEAWAY FAVES

Grab your meal kit with this number

5



Potato



Garlic & Herb Seasoning



Cucumber



Lemon



Garlic



Peeled Prawns



Brioche Hotdog Buns



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Peeled Prawns



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

Let's go down to the South, specifically Louisiana for their famous Po'Boy sandwiches, but why travel for them when we can bring them straight to your table. Keeping to those Southern styles, add in some prawns and serve with a golden side of fries.

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
garlic & herb seasoning	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
lemon	½	1
garlic	3 cloves	6 cloves
<b>butter*</b>	30g	60g
peeled prawns	1 packet	2 packets
brioche hotdog buns	2	4
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3612kJ (863Cal)	627kJ (150Cal)
Protein (g)	29.6g	5.1g
Fat, total (g)	47.6g	8.3g
- saturated (g)	21.3g	3.7g
Carbohydrate (g)	73g	12.7g
- sugars (g)	24.8g	4.3g
Sodium (mg)	1644mg	285mg
Dietary Fibre (g)	8.3g	1.4g

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.

## We're here to help!

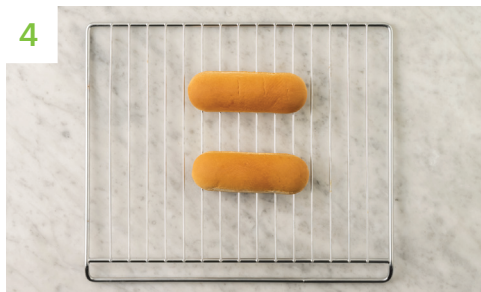
Scan here if you have any questions or concerns

2024 | CW31



## Bake the spiced fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** and half the **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.



## Toast the brioche rolls

- Meanwhile, slice **brioche hotdog buns** in half lengthways.
- Bake directly on a wire oven rack until heated through, **5-7 minutes**.



## Get prepped

- Meanwhile, thinly slice **cucumber**.
- Zest **lemon** and slice into wedges.
- Finely chop **garlic**.



## Toss the salad

- In a medium bowl, combine **mixed salad leaves**, **cucumber**, a squeeze of **lemon juice**, a drizzle of **olive oil**. Season with **salt** and **pepper**.



## Cook the prawns

- When fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **peeled prawns** with the remaining **garlic & herb seasoning** and **garlic**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat, then add **lemon zest** and a squeeze of **lemon juice**. Stir to combine and season to taste.



## Serve up

- Fill brioche rolls with cucumber salad and garlic butter prawns.
- Drizzle over **dill & parsley mayonnaise**.
- Divide garlic butter prawn Po'Boys and spiced fries between plates to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut horizontally into steaks. Cook until cooked through, 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

