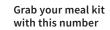


Garlic Butter Prawn Po'Boys & Spiced Fries

with Cucumber Salad & Herby Mayo

TAKEAWAY FAVES











Seasoning





Cucumber

Lemon





Peeled Prawns





Brioche Hotdog Buns

Mixed Salad Leaves



Dill & Parsley Mayonnaise



Prep in: 20-30 mins Ready in: 30-40 mins **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 | |
|------------------------------|-----------------|-----------------|--|
| olive oil* | refer to method | refer to method | |
| potato | 2 | 4 | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | |
| cucumber | 1 (medium) | 1 (large) | |
| lemon | 1/2 | 1 | |
| garlic | 3 cloves | 6 cloves | |
| butter* | 30g | 60g | |
| peeled prawns | 1 packet | 2 packets | |
| brioche hotdog buns | 2 | 3 | |
| 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) | 366kJ (87cal) |
| Protein (g) | 29.6g | 3g |
| Fat, total (g) | 47.6g | 4.8g |
| - saturated (g) | 21.3g | 2.2g |
| Carbohydrate (g) | 73g | 7.4g |
| - sugars (g) | 24.8g | 2.5g |
| Sodium (mg) | 1644mg | 166.4mg |
| Dietary Fibre (g) | 8.3g | 0.8g |
| | | |

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 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.



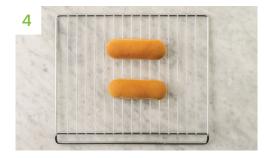
Get prepped

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



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.



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.



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.



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!







Follow method above, cooking in batches if necessary.



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.

