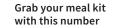


Garlic Chilli Prawn & Risoni Salad

with Garlicky Yoghurt & Toasted Almonds

MEDITERRANEAN















Cucumber

Flaked Almonds









Peeled Prawns

(Optional)

Mixed Salad



Leaves

Vegetable Stock Powder





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



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

Large frying pan · Large saucepan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
tomato	1	2	
cucumber	1 (medium)	1 (large)	
flaked almonds	1 packet	2 packets	
risoni	1 medium packet	2 medium packets	
Greek-style yoghurt	1 medium packet	1 large packet	
peeled prawns	1 packet	2 packets	
chilli flakes ∮ (optional)	1 pinch	1 pinch	
mixed salad leaves	1 medium packet	1 large packet	
vegetable stock powder	1 medium sachet	1 large sachet	
white wine vinegar*	drizzle	drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2051kJ (490Cal)	534kJ (127Cal)
Protein (g)	29.5g	7.7g
Fat, total (g)	9.3g	2.4g
- saturated (g)	1.4g	0.4g
Carbohydrate (g)	64.1g	16.7g
- sugars (g)	8.7g	2.3g
Sodium (mg)	1131mg	294mg
Dietary Fibre (g)	6.7g	1.7g

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

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Meanwhile, finely chop garlic. Roughly chop tomato and cucumber.
- · Heat a large frying pan over medium-high heat.
- · Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl and set aside.



Cook the risoni

- Cook **risoni** in the boiling water, over high heat, until 'al dente', 7-8 minutes.
- Drain risoni, then return to saucepan and allow to cool slightly.



Make the garlic yoghurt

- · Meanwhile, return frying pan to medium-high heat with a drizzle of olive oil. Cook half the garlic until fragrant, 1 minute.
- Transfer the garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine. Season to taste and set aside.



Cook the prawns

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook peeled prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- In the last minute of cook time, add the remaining garlic and a pinch of chilli flakes (if using) and cook, until fragrant, 1 minute.



Bring it all together

- When the risoni has cooled slightly, add tomato and cucumber to the saucepan, along with mixed salad leaves, vegetable stock powder and a drizzle of white wine vinegar and olive oil.
- · Stir to combine and season to taste.



Serve up

- · Divide risoni salad between bowls. Top with garlic chilli prawns.
- Drizzle over garlicky yoghurt. Garnish with toasted almonds to serve. Enjoy!



We're here to help!