

Garlic Chilli Prawn & Risoni Salad

with Garlicky Yoghurt & Toasted Almonds

MEDITERRANEAN

Grab your meal kit with this number

6



Garlic



Tomato



Cucumber



Flaked Almonds



Risoni



Greek-Style Yoghurt



Peeled Prawns



Chilli Flakes (Optional)



Mixed Salad Leaves



Vegetable Stock Powder



Peeled Prawns



Grated Parmesan

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

 Calorie Smart

A fresh and filling salad is just what the doctor ordered - loads of crunchy veg, risoni for a source of satisfying carbs, yoghurt and nuts for healthy fats and lots of texture, and lean protein in the form of pan-fried prawns. This one ticks all the boxes!

Pantry items

Olive Oil, White Wine Vinegar

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

	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 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**.



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.



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.



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.



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!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



ADD PARMESAN GRATED

Sprinkle over risoni salad before serving.

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

