



Garlic & Herb Prawn Burger

with Veggie Fries & Creamy Pesto Dressing

FEEL-GOOD TAKEAWAY



Grab your meal kit with this number

22



Potato



Carrot



Kumara



Garlic



Peeled Prawns



Garlic & Herb Seasoning



Burger Buns



Mixed Salad Leaves



Creamy Pesto Dressing



Peeled Prawns



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



We're cheering for herby prawns to win over our tastebuds. Go all out plating them up in a burger, slather in a fragrant creamy pesto dressing and serve with crisp veggie fries. We think it's truly a win-win night.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
kumara	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
peeled prawns	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
burger buns	2	4
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2640kJ (630Cal)	509kJ (121Cal)
Protein (g)	27.5g	5.3g
Fat, total (g)	19g	3.7g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	83.4g	16.1g
- sugars (g)	20.6g	4g
Sodium (mg)	1361mg	263mg
Dietary Fibre (g)	9.8g	1.9g

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.

We're here to help!

Scan here if you have any questions or concerns

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Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **kumara** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Cook the prawns

- When the fries have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Season to taste.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 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.



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **peeled prawns, garlic, garlic & herb seasoning** and a drizzle of **olive oil**. Set aside.



Serve up

- Spread the bases of burger buns with **creamy pesto dressing**.
- Top with garlic and herb prawns and salad.
- Serve with veggie fries. Enjoy!