



Chilli Garlic Prawns & Avocado Cos Salad

with Herby Mayonnaise & Lemon

FESTIVE STARTER

Grab your meal kit
with this number

6



Garlic



Cos Lettuce



Tomato



Avocado



Lemon



Peeled Prawns




Chilli Flakes
(Optional)



Dill & Parsley
Mayonnaise

Prep in: 20-30 mins
Ready in: 25-35 mins

 Carb Smart

Searching for a light and fresh way to start your festive feasting? Look no further than these chilli garlic prawns, perfectly cooked and bursting with flavour. Serve them up on a crisp salad of cos lettuce and creamy avo with a drizzle of herby mayo. They're the ultimate starter to give you a taste of what's to come!

Pantry items

Olive Oil, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cos lettuce	1 head	2 heads
tomato	1	2
avocado	1 (small)	1 (large)
lemon	½	1
peeled prawns	1 packet	2 packets
chilli flakes  (optional)	1 pinch	1 pinch
honey*	1 tsp	2 tsp
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1773kJ (484cal)	484kJ (132cal)
Protein (g)	17g	4.6g
Fat, total (g)	32.7g	8.9g
- saturated (g)	4.1g	1.1g
Carbohydrate (g)	8.1g	2.2g
- sugars (g)	7.2g	2g
Sodium (mg)	784mg	214.2mg
Dietary Fibre (g)	8.2g	2.2g

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

- Finely chop **garlic**.
- Roughly chop **cos lettuce**.
- Cut **tomato** into wedges.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Zest **lemon** to get a pinch, then slice into wedges.



Toss the salad

- In a large bowl, combine **cos lettuce**, **tomato**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **garlic**, a pinch of **chilli flakes** (if using) and **lemon zest** and cook until fragrant, **1 minute**.
- Remove pan from heat, add the **honey** and turn **prawns** to coat.



Serve up

- Plate up cos salad in a large serving bowl.
- Top with avocado slices and chilli garlic prawns.
- Drizzle with **dill & parsley mayonnaise**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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