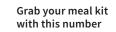


# Garlic Chilli Prawn & Risoni Salad

with Yoghurt Drizzle & Toasted Almonds

MEDITERRANEAN

CLIMATE SUPERSTAR













Cucumber

Flaked Almonds







Risoni

Yoghurt







Peeled Prawns

Chilli Flakes (Optional)





Mixed Salad Leaves

Vegetable Stock Powder







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

Calorie Smart



**Protein Rich** 

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!



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 saucepan · Large frying pan

# 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2048kJ (533cal)	533kJ (139cal)
Protein (g)	29.4g	7.7g
Fat, total (g)	9.2g	2.4g
- saturated (g)	1.4g	0.4g
Carbohydrate (g)	64.3g	16.7g
- sugars (g)	8.7g	2.3g
Sodium (mg)	1138mg	296.4mg
Dietary Fibre (g)	6.3g	1.6g

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.



#### Finish & serve

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









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

