



Cajun Prawns

with Wedges, Beans & Lime Mayo

CLASSIC 40 Minutes • Medium Heat • 1 of your 5 a day

N° 4



Potatoes



Cajun Spice



Red Onion



Green Pepper



Lime



Garlic Clove



King Prawns



Cannellini Beans



Mayonnaise



Tomato Puree



Vegetable Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Two Frying Pans.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Cajun Spice	1 small pot	¾ large pot	1 large pot
Red Onion**	1	1	2
Green Pepper**	1	2	2
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
King Prawns 5)**	150g	250g	300g
Cannellini Beans	1 carton	1½ cartons	2 cartons
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Stew*	1 tsp	1½ tsp	2 tsp
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	668g	100g
Energy (kJ/kcal)	1833 /438	274 /66
Fat (g)	11	2
Sat. Fat (g)	1	1
Carbohydrate (g)	62	9
Sugars (g)	9	1
Protein (g)	23	4
Salt (g)	2.64	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 8) Egg 9) Mustard 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Roast Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **half** of the **Cajun seasoning**, **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Finish the Bean Stew

Once the **onion** and **pepper** are cooked, heat a splash of **oil** in a frying pan over a medium-high heat. When hot, add the **roasted pepper** and **onion** along with the **garlic** and cook for 1 minute. Add the **tomato puree**, **water**, **sugar** (see ingredients for both amounts) and **veg stock powder**. Stir in the **beans** and simmer until thickened, 3-5 mins. Season to taste with **salt** and **pepper**, then remove from the heat.



2. Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Put the **prawns** in a small bowl along with the remaining **Cajun spice** and **lime zest**, mix and set aside to marinate. Drain and rinse the **cannellini beans** in a sieve.



5. Cook the Prawns

Meanwhile, heat a splash of **oil** in a large frying pan over high heat. When hot, add the **prawns**, season with **salt** and **pepper** and stir-fry until cooked through, 3-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



3. Make the Lime Mayo

Put the sliced **pepper** and **onion** on a baking tray. Drizzle over some **oil**, season with **salt** and **pepper**, toss together, then spread in a single layer. Roast on the middle shelf of your oven until the **onion** has softened and the **pepper** is starting to char, 10-12 mins. Meanwhile, in a small bowl combine the **mayo** and **half** of the **lime juice**. Mix well to form a pourable consistency. Add a bit more **lime juice** if needed.



6. Time To Serve

Once everything is cooked, divide your **wedges** between plates. Reheat the **beans** if necessary and spoon them alongside the **wedges**. Top with the **prawns** and drizzle the **lime mayo** all over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.