



Cajun Style Prawn & Charred Pepper Stew with Homemade Baked Tortilla Chips

Calorie Smart 35 Minutes • Mild Spice • 2 of your 5 a day • Under 600 Calories

28



-  Bell Pepper
-  Garlic Clove
-  Kidney Beans
-  Tortilla
-  Cajun Blackening
-  Tomato Passata
-  Vegetable Stock Paste
-  King Prawns
-  Greek Style Natural Yoghurt

Before you start

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

Cooking tools, you will need:

Baking Tray, Sieve, Bowl, Frying Pan and Garlic Press.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------|----------|------------|-----------|
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Kidney Beans | 1 carton | 1½ cartons | 2 cartons |
| Tortilla 13 | 4 | 6 | 8 |
| Cajun Blackening 9 | 1 sachet | 1 sachet | 2 sachets |
| Tomato Passata | 1 carton | 2 cartons | 2 cartons |
| Water for the Sauce* | 250ml | 375ml | 500ml |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| King Prawns** 5 | 150g | 225g | 300g |
| Greek Yoghurt** 7 | 75g | 120g | 150g |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 496g | 100g |
| Energy (kJ/kcal) | 1983/474 | 400/96 |
| Fat (g) | 12 | 2 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 59 | 12 |
| Sugars (g) | 11 | 2 |
| Protein (g) | 27 | 5 |
| Salt (g) | 3.57 | 0.72 |

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

5) Crustaceans 7) Milk 9) Mustard 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Get Prepped

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve. Pop a **quarter** of the **beans** into a bowl and mash with a fork until broken up. Cut each **tortilla** into 8 triangles (use scissors if easier). Place on a large baking tray in a single layer and drizzle with **oil** (use two trays if necessary). Season with **salt** and **pepper**. Set aside.



Bake the Tortilla Chips

Meanwhile, bake the **tortilla triangles** on the top shelf of your oven until lightly golden brown and crisp, 6-8 mins. Once cooked, remove from your oven and set aside.



Char the Peppers

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **pepper** and cook until charred, 5-7 mins total. Stir every 2-3 mins.



Cook the Prawns

Once thickened, stir the **prawns** into the **stew** and cook for another 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle. Once the **prawns** are cooked, taste the **stew** and season with **salt** and **pepper** if needed.



Simmer

Add the **garlic** and **Cajun blackening** to the **peppers**. Stir and cook for 1 min, then stir in the **tomato passata**, **water for the sauce** (see ingredients for amount), **vegetable stock paste** and **red kidney beans** (whole and mashed). Bring to the boil, then reduce the heat to medium and simmer until the **stew** has thickened, 10-12 mins.



Serve

Share the **stew** between your bowls with a dollop of **yoghurt** on top and the **tortilla chips** alongside for dipping.

Enjoy!

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9-12



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.