



# CHERMOULA PRAWNS

with Roasted Sweet Potato



## HELLO PRAWNS

Researchers in Egypt are developing a method for turning prawn shells into biodegradable plastic!



Diced Sweet Potato



Green Beans



Flat Leaf Parsley



Chermoula Spice Blend



Finely Chopped Tomatoes with Garlic & Onion



Vegetable Stock Pot



King Prawns



Baby Spinach

MEAL BAG

20 mins

Rapid recipe

3.5 of your 5 a day

Medium spice

A zesty blend of spices, garlic, and fresh herbs, chermoula is a Moroccan spice traditionally used to season fish and meat, and is the superstar seasoning in tonight's speedy dish. Sweet juicy prawns in a thick tomato sauce packed with fresh veggies and served alongside roasted sweet potatoes, it's hard to say which ingredient we love most. Regardless of the weather outside, this recipe will transport you to the warm, sunny climes of Northern Africa.

GET **PREPARED!**

Get your **Utensils** ready.

# BEFORE YOU START

Preheat the Oven to 220°C. Wash the veggies. Make sure you've got some Baking Paper, a Baking Tray and Frying Pan (with a Lid). Let's start cooking the **Tomatoey Chermoula Prawns with Roasted Sweet Potato**.



## 1 ROAST!

- Spread the **diced sweet potato** out on a lined baking tray and drizzle with **oil**.
- Season with a pinch of **salt** and **pepper**, then toss to coat.
- Roast on the top shelf of your oven until softened, 18-20 mins, shaking the tray halfway through cooking.



## 2 GET PREPPED

- Meanwhile, trim the **green beans** and chop into thirds.
- Roughly chop the **parsley** (stalks and all).



## 3 SIMMER THE SAUCE

- Heat a splash of **oil** in a frying pan on medium heat.
- Add the **green beans**, fry for 2 mins and then stir in the **chermoula** for 30 seconds.
- Add the **chopped tomatoes**, **stock pot** and a pinch of **sugar** (if you have some).
- Bring to the boil, reduce the heat and gently simmer 3-4 mins.



## 4 COOK THE PRAWNS

- Tip the **prawns** into the **sauce**, then pop the **baby spinach** on top.
- Place a lid on the pan and leave to cook until the **prawns** are cooked through, 3-4 mins.
- IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## 5 FINISH THE SAUCE

- Remove the lid from the pan and stir the **spinach** through to completely wilt it.
- Taste and add a pinch of **salt** and **pepper** if needed.
- Stir through half the **parsley**.



## 6 SERVE

- Serve the **roasted sweet potato** alongside a generous helping of **chermoula prawns**.
- Finish with a sprinkling of the remaining **parsley**.

ENJOY!

# 2 PEOPLE INGREDIENTS

Diced Sweet Potato	300g
Green Beans	1 pack
Flat Leaf Parsley, chopped	1 bunch
Chermoula Spice Blend	1 tsp
Finely Chopped Tomatoes with Garlic & Onion	1 carton
Vegetable Stock Pot 10) 14)	½
King Prawns 5)	120g
Baby Spinach	1 small bag

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 557G	PER 100G
Energy (kcal)	299	54
(kJ)	1251	225
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	51	9
Sugars (g)	15	3
Protein (g)	18	3
Salt (g)	4.14	0.74

### ALLERGENS

5) Crustaceans 10) Celery 14) Sulphites

**Vegetable Stock Pot:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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