



# DUKKAH PRAWN JUMBLE



## HELLO COOKBOOK

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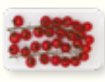
Vegetable Stock Pot



Lemon



Couscous



Cherry Plum Tomatoes



Easy Garlic



King Prawns



Sugar Snap Peas



Parsley



Dukkah Spice Mix



Sweet Chilli Sauce

MEAL BAG

20 mins

2 of your 5 a day

Rapid recipe

Looking for a simple showstopper you can rustle together in just twenty minutes? Look no further. The Egyptian blend of dukkah is no ordinary spice mix, which is exactly why it's the hero ingredient in tonight's recipe. A crunchy mix of roasted hazelnut, sesame and thyme, we've used dukkah to season this prawn and veggie jumble which works beautifully with fluffy couscous. We think you'll agree that Chef Lizzie has outdone herself with this recipe!

GET PREPARED!

Fill and boil your Kettle

# BEFORE YOU START

🔑 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**), **Fine Grater**, **Measuring Jug** and **Frying Pan**. Let's start cooking the **Dukkah Prawn Jumble**.



## 1 COOK THE COUSCOUS

- Pop the **stock pot** into a large saucepan and grate in the **lemon zest**.
- Pour the boiling **water** (see ingredients for amount) into the pan and pop on medium-high heat, stir to dissolve the stock pot.
- Stir in the **couscous**, cover with a lid, remove from the heat and leave for 10 mins - the **couscous** will cook in its own steam.



## 2 GET PREPPED

- Meanwhile, halve the **cherry plum tomatoes**.
- Pop the **easy garlic**, **king prawns**, **sugar snap peas**, **cherry plum tomatoes**, the **juice** from the **lemon** and the **olive oil** (see ingredients for amount) into a large bowl.
- Add a pinch of **salt** and **pepper** and toss to combine. Set aside.



## 3 PARSLEY TIME

- Roughly chop the **parsley** (stalks and all).



## 4 FRY THE PRAWNS

- Heat a frying pan on high heat.
- Tip in the entire contents of the bowl with the **prawns** in and stir-fry until the **prawns** are cooked through, 4-5 mins.  
**🔴 IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*
- Season to taste with **salt** and **pepper**.



## 5 MIX TOGETHER

- Fluff up the **couscous**.
- Gently mix together the **prawn jumble** and the **couscous**, then sprinkle over the **dukkah spice mix** and **half** the chopped **parsley** and toss to combine.



## 6 SERVE

- Serve the **dukkah prawn jumble** with a drizzle of **sweet chilli sauce** and a sprinkling of the remaining **parsley**.

# ENJOY!

# 2 PEOPLE INGREDIENTS

Vegetable Stock Pot 10) 14)	1/2
Lemon	1/2
Water*	300ml
Couscous 13)	150g
Cherry Plum Tomatoes, halved	1 punnet
Easy Garlic	1/2 sachet
King Prawns 5)	120g
Sugar Snap Peas	1 pack
Olive Oil*	1 1/2 tbsp
Parsley, chopped	1 large bunch
Dukkah Spice Mix 1) 2) 3) 10)	1 tbsp
Sweet Chilli Sauce	2 tbsp

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 411G	PER 100G
Energy (kcal)	509	124
(kJ)	2130	518
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	80	19
Sugars (g)	19	5
Protein (g)	28	7
Salt (g)	2.23	0.54

## ALLERGENS

1) Peanut 2) Nut 3) Sesame 5) Crustaceans 10) Celery  
13) Gluten 14) Sulphites

**Dukkah Spice Mix:** Sesame seeds, Almonds, Hazelnuts, Peanuts, Walnuts, Pumpkin Seeds, Sunflower Seeds, Poppy Seeds, Thyme, Coriander, Cumin, Celery Salt, Black Pepper, Paprika, Cayenne.

🧼 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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