



GARLIC PRAWNS

with Mini Roast Potatoes and Walnut Parsley Pesto



HELLO WALNUTS

Ancient Romans considered these nuts a symbol of fertility and threw them at weddings. Ouch!



Potato



Flat Leaf Parsley



Walnuts



Grated Italian Style Hard Cheese



Red Onion



Baby Plum Tomatoes



Garlic Clove



King Prawns



Rocket

MEAL BAG
#4

35 mins

2 of your 5 a day

There's a tapas-y, summer holiday vibe to today's recipe. Prawns bathed in a tomato and garlic sauce feel distinctly Mediterranean. So, no matter what the British weather is doing, here's a plateful of sunshine!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Colander, Baking Tray, Fine Grater** (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



1 BOIL THE POTATO

Preheat your oven to 220°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Peel the **potato**, chop into 3cm chunks and add to the pan. Boil for 5 mins, then drain in a colander. **★ TIP:** *They won't be cooked at this stage, we are just par-boiling them!* Meanwhile, pour a glug of **oil** onto a baking tray and put it on the top shelf of your oven. **★ TIP:** *This helps your potatoes get super crispy!*



2 ROAST THE POTATO

Once drained, give the **potato** a good shake in the colander to fluff up the edges. **★ TIP:** *By doing this, you create more surface area for crisping!* Gently tip the **potato** onto your hot baking tray - be careful not to burn yourself! Spread out in an even layer and season with **salt**. Roast on the top shelf of your oven until crisp and golden, 25-30 mins. Turn halfway through cooking.



3 MAKE THE PESTO

Meanwhile, finely chop the **parsley** (stalks and all) and **walnuts**. Put the **parsley, walnuts** and **hard Italian cheese** in a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, mix well and set aside.



4 PREP THE VEGGIES

Halve, peel and chop the **red onion** into small pieces. Chop the **tomatoes** in half. Peel and grate the **garlic** (or use a garlic press). Heat a splash of **oil** in a frying pan on medium heat and add the **onion**. Cook until soft and slightly brown, stirring occasionally, 10 mins. **★ TIP:** *If the onion is browning too much, just turn the heat down a little.*



5 COOK THE PRAWNS

When the **onion** is cooked, add the **tomatoes, garlic** and **prawns**. Season with **salt** and **pepper**. Cook for 4-5 mins, or until the **tomatoes** are slightly soft and the **prawns** are cooked. **! IMPORTANT:** *The prawns are cooked when pink on the outside and opaque all the way through.* Once cooked, remove the pan from the heat.



6 FINISH AND SERVE

Divide the **mini roast potatoes** between plates. Lay a handful of **rocket** over the **potatoes** and a generous portion of **garlic prawns** on top of that. Finish by drizzling over the **pesto**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1 bag	2 bags
Grated Italian Style Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Red Onion *	1	2	2
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Garlic Clove *	1	2	2
King Prawns 5) *	150g	250g	300g
Rocket *	1 bag	1½ bags	2 bags

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 532G	PER 100G
Energy (KJ/ kcal)	2128/ 509	400/ 96
Fat (g)	22	4
Sat. Fat (g)	6	1
Carbohydrate (g)	54	10
Sugars (g)	10	2
Protein (g)	27	5
Salt (g)	2.61	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 5) Crustaceans 7) Milk 8) Egg

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.

THUMBS UP OR THUMBS DOWN?

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