

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!





Flat Leaf Parsley



Walnuts







Red Onion



Baby Plum Tomatoes





Garlic Clove





Rocket





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 STAR

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!



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. \star TIP: They won't be cooked at this stage, we are just parboiling 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!



ROAST THE POTATO Conce 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.



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.



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.



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** cooked when pink on the outside and opaque all the way through. Once cooked, remove the pan from the heat.



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!**

INGREDIENTS

	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 PlumTomatoes	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

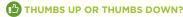
*Not Included * Store in the Fridge

NUTRITION PER JNCOOKED 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.



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