



One Pot Peri Peri Prawns with Couscous

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day

N° 17



Red Onion



Courgette



Garlic Clove



Sun-Dried Tomatoes



Lemon



Peri Peri Seasoning



King Prawns



Vegetable Stock Powder



Couscous

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Courgette**	1	1½	2
Garlic Clove**	1	2	2
Sun-dried Tomatoes	30g	60g	60g
Lemon**	½	¾	1
Peri Peri Seasoning	1 small pot	¾ large pot	1 large pot
King Prawns 5)**	150g	250g	300g
Water for the Couscous*	240ml	360ml	480ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Couscous 13)	120g	180g	240g
Olive Oil for the Couscous*	1½ tbsp	2 tbsp	3 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	372g	100g
Energy (kJ/kcal)	1879 / 449	505 / 121
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	65	17
Sugars (g)	20	5
Protein (g)	25	7
Salt (g)	4.46	1.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. Prep Time

- Fill and boil your kettle.
- Roughly chop the **sun-dried tomatoes**, pop into a small bowl and cover with warm **water** to soften.
- Halve, peel and thinly slice the **red onion**.
- Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



4. Add the Prawns

- Add the **prawns** to the pan. Stir and 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.
- Meanwhile, pour the boiling **water** from your kettle (see ingredients for amount) into a measuring jug. Add the **stock powder**. Stir to dissolve.



2. Start Cooking

- Heat a saucepan over medium-high heat (no oil!).
- When hot, add the **courgette pieces** and cook stirring occasionally until they begin to soften and char at the edges, 3-4 mins.
- Meanwhile, zest and halve the **lemon**.
- Drain the softened **sun-dried tomatoes**.



5. Stir in the Couscous

- Stir the **couscous** into the saucepan followed by the **stock**.
- Bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins.



3. Add Some Flavour!

- Once the courgettes have begun to char, add a splash of **oil** to the pan and stir in the **red onion** and **sun-dried tomatoes**.
- Cook, stirring until softened, 3-4 mins.
- Stir in the **garlic** and **Peri Peri seasoning**.
TIP: It's hot, so go easy if you're not a fan! Cook until fragrant, 30 seconds.



6. Serve

- Fluff the **couscous** up with a fork and stir in the **lemon zest** and **olive oil** (see ingredients for amount).
- Season to taste with **lemon juice**, **salt** and **pepper**.
Dig in!