

PARISIENNE SPICED PRAWNS

with Green Beans, Fresh Tomato and Couscous





HELLO PARISIENNE HERBS

Our Parisienne spice has a strong earthy flavour with warm and tart notes. With flavours of nutmeg and cinnamon this adds a fruity blend that brings out the best from the prawns.





Vegetable Stock Powder





King Prawns







Green Beans

Vine Tomato





Parisienne Herbs

Easy Garlic



10 mins

Rapid recipe

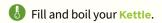






White Peppercorns, Nutmeg, Paprika, Clove Buds, Thyme, Cinnamon, Basil and Bay Leaves are the great eight found in our delicious Parisienne spice mix. It's fragrant, earthy flavour is a brilliant seasoning for tonight's ten-minute prawns, which we're serving alongside stir-fried green beans, fresh tomatoes and fluffy couscous for the perfect quick-fix dinner recipe. Finish off with a squeeze of fresh lemon juice.





A Fill and boil your Kettle. Swash the veggies. Make sure you've got a Fine Grater, Mixing Bowl, Measuring Jug.

some Clingfilm and a Large Frying Pan. Let's start cooking the Parisienne Spiced Prawns with Green Beans, Fresh Tomato and Couscous.



PREP TIME

- a) Trim the green beans then chop into thirds.
- b) Zest and halve the **lemon**.
- c) Chop the tomato into 1cm chunks.



2 COOK THE COUSCOUS

- a) Put the couscous and stock powder in a mixing bowl.
- **b)** Pour the boiling **water** (see ingredients for amount) into the bowl, stir and cover tightly with clingfilm. Leave to the side for 10 mins.



3 STIR-FRY THE BEANS

- a) Heat a splash of oil in a large frying pan over medium-high heat.
- b) Add the green beans and stir-fry until tender, 4-5 mins.
- c) **TIP:** Add a splash of water every minute or so to help the beans cook and steam.



* Store in the Fridge

Couscous 13)

Powder 10) King Prawns 5) *

Lemon *

Green Beans *

Vine Tomato Parisienne Herbs

Easy Garlic *

*Not Included

Water*

Vegetable Stock

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 385G	PER 100G
Energy (kJ/kcal)	1747 /418	454 /109
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	66	17
Sugars (g)	10	3
Protein (g)	25	7
Salt (g)	2.70	0.70

INGREDIENTS

150g

½ sachet

150g

1

1 small

pack

2

1 pot

1/2 sachet

300ml

225g

3/4 sachet

250g

1

1 large

pack

3

1 pot

3/4 sachet

300g

1 sachet

280g

2

1 large

pack

2 pots

1 sachet

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 10) Celery 13) Gluten



ADD THE PRAWNS

- a) When the **beans** are soft enough to eat, add the prawns and Parisienne herbs to the pan.
- b) Stir-fry for 3-4 mins, then stir in the easy garlic and cook for 1 minute more.
- c) IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.
- d) Remove from the heat.



5 FINISH OFF

- a) Fluff the couscous up with a fork.
- b) Stir in the lemon zest, a glug of olive oil and season to taste with **salt** and **pepper**.
- c) Mix the chopped tomato through the couscous.



6 SERVE

- a) Share the couscous between your bowls.
- b) Season the prawns and beans with salt and **pepper**.
- c) Squeeze over some lemon juice. Spoon on top of the couscous.

Enjoy!

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.



or get in touch via hello@hellofresh.co.uk

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