



# 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.*



Couscous



Vegetable Stock Powder



King Prawns



Lemon



Green Beans



Vine Tomato



Parisienne Herbs



Easy Garlic

MEAL BAG

10 mins

1.5 of your 5 a day

Little heat

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.

GET **PREPARED!**

Fill and boil your **Kettle**.

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# BEFORE YOU START

🔗 Fill and boil your **Kettle**. 🧼 Wash 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**.



## 1 PREP TIME

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



## 2 COOK THE COUSCOUS

- Put the **couscous** and **stock powder** in a mixing bowl.
- 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

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



## 4 ADD THE PRAWNS

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



## 5 FINISH OFF

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



## 6 SERVE

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

Enjoy!

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Couscous 13)	150g	225g	300g
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
King Prawns 5) *	150g	250g	280g
Lemon *	1	1	2
Green Beans *	1 small pack	1 large pack	1 large pack
Vine Tomato	2	3	4
Parisienne Herbs	1 pot	1 pot	2 pots
Easy Garlic *	½ sachet	¾ sachet	1 sachet
Water*	300ml	450ml	600ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED 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

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 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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