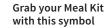


Tapas-Style Garlic Prawns & Patatas Bravas with Almond Green Beans & Herby Ciabatta

TASTE TOURS









Green Beans



Snacking Tomatoes











Bake-At-Home Ciabatta



Prawns



Garlic & Herb

Seasoning

Semi-Dried Tomatoes



Slivered Almonds



Smokey Aioli



Prep in: 20-30 mins Ready in: 30-40 mins



What better way to celebrate having friends and family over than with an epic spread like this one? The olives and tomatoes add a depth of flavour and pop of colour to the meaty prawns, and the smokey aioli works a treat with the potatoes.

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
green beans	1 small bag	1 medium bag
snacking tomatoes	1 punnet	2 punnets
garlic	3 cloves	6 cloves
parsley	1 bag	1 bag
kalamata olives	1 packet	2 packets
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
prawns	1 packet (225g)	2 packets (450g)
butter*	20g	40g
semi-dried tomatoes	1 packet	2 packets
slivered almonds	1 medium packet	1 large packet
smokey aioli	1 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2906kJ (695Cal)	471kJ (113Cal)
Protein (g)	30.1g	4.9g
Fat, total (g)	38.3g	6.2g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	67.9g	11g
- sugars (g)	8.5g	1.4g
Sodium (mg)	2006mg	325mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Cut chat potatoes in half.
- Place potatoes on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the potatoes between two trays.



Get prepped

- Meanwhile, trim green beans and slice in half.
- Halve snacking tomatoes.
- Finely chop garlic.
- Roughly chop parsley leaves and kalamata olives.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook snacking tomatoes and green beans, tossing, until tender, 4-5 minutes.
- Add half the garlic and cook until fragrant,
 1 minute.
- Season to taste, then transfer to a serving bowl.
 Cover to keep warm.



Bake the ciabatta

- Slice bake-at-home ciabatta.
- In a large bowl, combine garlic & herb seasoning and a drizzle of olive oil.
- Add ciabatta slices, turning to coat. Transfer to a second lined oven tray.
- Bake until golden, **5-7 minutes**.



Cook the prawns

- Meanwhile, return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- Add the butter, olives, semi-dried tomatoes, remaining garlic and parsley and cook until fragrant, 1 minute.
- · Season to taste, then remove from heat.



Serve up

- Sprinkle veggies with slivered almonds.
 Transfer potatoes to a bowl, then top with smokey aioli.
- Bring garlic prawns, roast potatoes, herby ciabatta and almond topped veggies to the table to serve. Enjoy!



