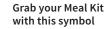


Tapas-Style Garlic Prawns & Patatas Bravas with Almond Green Beans & Herby Ciabatta

TASTE TOURS













Snacking Tomatoes







Kalamata Olives



Bake-At-Home



Ciabatta





Flaked 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

| ingi calcino | | | |
|----------------------------|--------------------|---------------------|--|
| | 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 | 1 large sachet | |
| prawns | 1 packet (200g) | 2 packets (400g) | |
| butter* | 20g | 40g | |
| semi-dried tomatoes | 1 packet | 2 packets | |
| flaked 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) | 3125kJ (747Cal) | 521kJ (125Cal) | |
| Protein (g) | 29.1g | 4.8g | |
| Fat, total (g) | 38.9g | 6.5g | |
| - saturated (g) | 7.7g | 1.3g | |
| Carbohydrate (g) | 67.9g | 11.3g | |
| - sugars (g) | 8.5g | 1.4g | |
| Sodium (mg) | 1872mg | 312mg | |

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 flaked 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!



