



# Lemon Pepper Prawns

with Roast Veggie Toss & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Brown Onion



Cauliflower, Carrot & Zucchini Mix



Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise

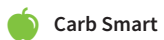


Flaked Almonds



Prawns

Prep in: 10-20 mins  
Ready in: 30-40 mins



Carb Smart

Eat Me First

Summer is upon us and what better way to ring in the new season than by diving into some perfectly spiced prawns which are a summer dinner staple? In this one, our lemon pepper seasoning complements the prawns to perfection and when paired with a simple but tasty bed of veggies, you have everything you could want in a meal and more!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items**

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	1	2
cauliflower, carrot & zucchini mix	1 medium bag	1 large bag
prawns	1 packet (200g)	2 packets (400g)
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1674kJ (400Cal)	319kJ (76Cal)
Protein (g)	21.8g	4.2g
Fat, total (g)	26.1g	5g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	19.4g	3.7g
- sugars (g)	16.4g	3.1g
Sodium (mg)	1351mg	258mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1948kJ (466Cal)	312kJ (75Cal)
Protein (g)	35.8g	5.7g
Fat, total (g)	27.1g	4.3g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	19.4g	3.1g
- sugars (g)	16.4g	2.6g
Sodium (mg)	2008mg	322mg

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

1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **brown onion** into wedges.
- Place **onion** and **cauliflower, carrot & zucchini mix** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.

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

3



## Bring it all together

- To the tray with roasted veggies, add **baby spinach leaves** and **mustard cider dressing**. Gently toss to combine. Season to taste.

2



## Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine **prawns, lemon pepper seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

4



## Serve up

- Divide roast veggie toss between bowls.
- Top with lemon pepper prawns.
- Drizzle over **dill & parsley mayonnaise**. Sprinkle over **flaked almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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