

Tapas-Style Garlic Prawns & Patatas Bravas

with Almond Green Beans & Herby Ciabatta

TASTE TOURS

Grab your Meal Kit with this symbol



Chat Potatoes



Green Beans



Snacking Tomatoes



Garlic



Parsley



Kalamata Olives



Bake-At-Home Ciabatta



Garlic & Herb Seasoning



Tail-On Prawns



Semi-Dried Tomatoes



Flaked Almonds



Garlic Aioli

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

Eat Me First

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 garlic 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 · 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	1 large sachet
tail-on prawns	1 packet	2 packets
butter*	20g	40g
semi-dried tomatoes	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	487kJ (116Cal)
Protein (g)	27g	4.6g
Fat, total (g)	33.5g	5.7g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	66.9g	11.3g
- sugars (g)	8.1g	1.4g
Sodium (mg)	1871mg	317mg

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.



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**.



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 prawns

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **tail-on 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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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