



Lemon Pepper Prawns & Roast Veggie Salad

with Dill-Parsley Mayo & Flaked Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Cauliflower, Carrot & Zucchini Mix



Peeled Prawns



Lemon Pepper Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



Flaked Almonds



Peeled Prawns

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

Carb Smart

Eat Me First

Summer is still with us and what better way to enjoy the warmer weather 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, it is pure deliciousness.

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
olive oil*	refer to method	refer to method
brown onion	1	2
cauliflower, carrot & zucchini mix	1 medium bag	1 large bag
peeled prawns	1 packet	2 packets
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
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1660kJ (396Cal)	320kJ (76Cal)
Protein (g)	21.1g	4.1g
Fat, total (g)	27.7g	5.3g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	20.3g	3.9g
- sugars (g)	17.4g	3.4g
Sodium (mg)	1318mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1921kJ (459Cal)	313kJ (74Cal)
Protein (g)	34.4g	5.6g
Fat, total (g)	28.7g	4.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	21.3g	3.5g
- sugars (g)	18.3g	3g
Sodium (mg)	1942mg	316mg

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.

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

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

2



Cook the prawns

- When veggies have **5 minutes** remaining, in a medium bowl, combine **peeled 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**.

Custom Recipe: If you've doubled your prawns, cook prawns as above, in batches, for 5-6 minutes, or until pink and starting to curl.

4



Serve up

- Divide roast veggie salad 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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