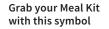


Tapas-Style Garlic Prawns & Patatas Bravas with Almond Green Beans & Herby Ciabatta

TASTE TOURS











Snacking Tomatoes







Kalamata Olives



Bake-At-Home



Ciabatta



Tail-On



Semi-Dried

Prawns



Flaked Almonds



Garlic Aioli

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



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
chat potatoes	1 medium packet	1 large packet	
green beans	1 small packet	1 medium packet	
snacking tomatoes	1 medium packet	2 medium packets	
garlic	3 cloves	6 cloves	
parsley	1 packet	1 packet	
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)	3456kJ (826Cal)	536kJ (128Cal)
Protein (g)	31.4g	4.9g
Fat, total (g)	34.6g	5.4g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	95.1g	14.7g
- sugars (g)	9.8g	1.5g
Sodium (mg)	2162mg	335mg

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 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.



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!

