

# Moroccan-Style Prawns & Roast Veggie Couscous

with Dill-Parsley Yoghurt Sauce

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Couscous



Vegetable Stock Powder



Ras El Hanout



Baby Spinach Leaves



Flaked Almonds



Dill & Parsley Mayonnaise




Greek-Style Yoghurt



Prawns

Prep in: **15-25** mins  
Ready in: **30-40** mins

 Eat Me First

We love the way honey caramelises in a pan, lending a sweet and sticky finish to prawns. We've boosted the flavour further with your favourite ras el hanout spices, and served the whole shebang on a bed of fluffy roast veggie couscous for satisfaction, guaranteed.

### Pantry items

Olive Oil, Butter, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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  |
| carrot                    | 1               | 2                |
| sweet potato              | 1               | 2                |
| couscous                  | 1 medium packet | 1 large packet   |
| vegetable stock powder    | 1 medium sachet | 1 large sachet   |
| <b>boiling water*</b>     | ¾ cup           | 1 ½ cups         |
| <b>butter*</b>            | 20g             | 40g              |
| prawns                    | 1 packet (200g) | 2 packets (400g) |
| ras el hanout             | 1 medium sachet | 1 large sachet   |
| <b>honey*</b>             | ½ tbs           | 1 tbs            |
| baby spinach leaves       | 1 small bag     | 1 medium bag     |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet   |
| Greek-style yoghurt       | 1 medium packet | 1 large packet   |
| flaked almonds            | 1 medium packet | 1 large packet   |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2979kJ (712Cal) | 675kJ (161Cal) |
| Protein (g)      | 26.1g           | 5.9g           |
| Fat, total (g)   | 36.2g           | 8.2g           |
| - saturated (g)  | 9g              | 2g             |
| Carbohydrate (g) | 62.8g           | 14.2g          |
| - sugars (g)     | 19.1g           | 4.3g           |
| Sodium (mg)      | 1415mg          | 321mg          |

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.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW35



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Thickly slice **carrot** into half-moons. Cut **sweet potato** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



## Cook the prawns

- When the veggies have **10 minutes** remaining, combine **prawns**, **ras el hanout**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a medium bowl.
- 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**.
- In the **last minute** of cook time, add the **honey** and toss to combine. Remove from heat.
- In a small bowl, combine **dill & parsley mayonnaise** and **Greek-style yoghurt**.

2



## Start the couscous

- Meanwhile, combine **couscous** and **chicken-style stock powder** in a large bowl.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork. Set aside.

4



## Serve up

- Stir roast veggies and **baby spinach leaves** through the couscous. Season to taste.
- Divide roast veggie couscous between bowls. Top with Moroccan prawns, dill-parsley yoghurt sauce and **flaked almonds** to serve. Enjoy!

## Rate your recipe

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