

Tapas-Style Garlic Prawns & Patatas Bravas

with Almond Green Beans & Herby Ciabatta

Grab your Meal Kit with this symbol



Chat Potatoes



Green Beans



Cherry/Snacking Tomatoes



Garlic



Parsley



Bake-At-Home Ciabatta



Garlic & Herb Seasoning



Slivered Almonds



Mojo Rojo Dressing



Chargrilled Capsicums



Green Olives



Prawns

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



What better way to celebrate being able to have friends and family over than with an epic spread like this one? The green olives and chargrilled capsicums add a depth of flavour and pop of colour to the meaty prawns, and the slightly smokey and tangy mojo rojo dressing works a treat with the potatoes. Enjoy!

Pantry items

Olive Oil, Butter

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

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
cherry/snacking tomatoes	1 punnet	2 punnets
garlic	3 cloves	6 cloves
parsley	1 bag	1 bag
green olives	1 medium packet	1 large packet
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
prawns	1 packet (225g)	2 packets (450g)
butter*	20g	40g
chargrilled capsicums	1 packet	2 packets
slivered almonds	1 medium packet	1 large packet
mojo rojo dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2624kJ (627Cal)	418kJ (100Cal)
Protein (g)	29.6g	4.7g
Fat, total (g)	28.2g	4.5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	68.7g	10.9g
- sugars (g)	8.4g	1.3g
Sodium (mg)	2335mg	372mg

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://www.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 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: Cut any larger potatoes into quarters so they roast evenly.

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

4



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**.

2



Get prepped

- Meanwhile, trim **green beans** and slice in half.
- Halve **cherry tomatoes**. Finely chop **garlic**.
- Roughly chop **parsley** leaves and **green olives**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cherry tomatoes** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Season to taste, then transfer to a serving bowl. Cover to keep warm.

5



Cook the prawns

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add the **butter**, **olives**, **chargrilled capsicums**, remaining **garlic** and 1/2 the **parsley** and cook, tossing, until fragrant, **1 minute**.
- Season to taste, then remove from heat.

6



Serve up

- Sprinkle green beans with **slivered almonds**. Transfer potatoes to a bowl, then top with **mojo rojo dressing** and remaining parsley.
- Bring garlic prawns, patatas bravas, herby ciabatta and almond green beans to the table to serve. Enjoy!

We're here to help!

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