

# 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



Capsicum



Parsley



Bake-At Home Ciabatta



Garlic & Herb Seasoning



Slivered Almonds



Green Olives



Prawns



Smokey Aioli

### Pantry items

Olive Oil, Butter

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



What better way to celebrate having friends and family over than with an epic spread like this one? The green olives and capsicums add a depth of flavour and pop of colour to the meaty prawns, and the smoky aioli works a treat with the potatoes. Enjoy!



## 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
<b>olive oil*</b>	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
capsicum	1	2
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)
<b>butter*</b>	20g	40g
slivered almonds	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2708kJ (647Cal)	432kJ (103Cal)
Protein (g)	29.6g	4.7g
Fat, total (g)	30.8g	4.9g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	68.4g	10.9g
- sugars (g)	7.8g	1.2g
Sodium (mg)	2273mg	362mg

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.

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 **snacking tomatoes**. Finely chop **garlic**. Thinly slice **capsicum**.
- Roughly chop **parsley** leaves and **green olives**.

5



## Cook the prawns

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

3



## 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 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Season to taste, then transfer to a serving bowl. Cover to keep warm.

6



## Serve up

- Sprinkle green beans with **slivered almonds**. Transfer potatoes to a bowl, then top with **smokey aioli** 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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