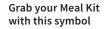


Tapas-Style Garlic Prawns & Patatas Bravas

with Almond Green Beans & Herby Ciabatta

TASTE TOURS









Green Beans





Snacking Tomatoes







Garlic & Herb



Bake-At Home Ciabatta



Seasoning



Slivered Almonds



Green Olives



Prawns



Smokey Aioli

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

Calorie Smart





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 smokey aioli 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 |
| 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) |
| butter* | 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 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: Cut any larger potatoes into quarters so they roast evenly.

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.
 Thinly slice capsicum.
- Roughly chop parsley leaves and green 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 1/2 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 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.



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!

