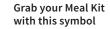


Tapas-Style Garlic Prawns & Roast Potatoes

with Almond Topped Veggies & Herby Flatbreads

TASTE TOURS











Potato

Green Beans





Snacking Tomatoes





Kalamata Olives



Garlic & Herb



Seasoning





Prawns



Tomatoes



Slivered Almonds



Garlic Aioli

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



Eat Me First

What better way to celebrate having friends and family over than with an epic spread like this one? The kalamata olives and tomatoes add a depth of flavour and pop of colour to the meaty prawns, and the garlic aioli works a treat with the potatoes. **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 · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
green beans	1 small bag	1 medium bag	
snacking tomatoes	1 punnet	2 punnets	
garlic	3 cloves	6 cloves	
parsley	1 bag	1 bag	
kalamata olives	1 packet	2 packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
flatbread	4	8	
prawns	1 packet (225g)	2 packets (450g)	
butter*	20g	40g	
semi-dried tomatoes	1 packet	2 packets	
slivered 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)	2912kJ (696Cal)	472kJ (113Cal)
Protein (g)	30.1g	4.9g
Fat, total (g)	38.3g	6.2g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	67.9g	11g
- sugars (g)	8.5g	1.4g
Sodium (mg)	2006mg	325mg

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 potato into bite-sized chunks.
- 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 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 flatbreads

- In a large bowl, combine garlic & herb seasoning and a drizzle of olive oil.
- Place **flatbreads** on a lined oven tray. Brush garlic & herb oil over flatbreads. Flip each flatbread and repeat.
- Bake until golden, 4-7 minutes.



Cook the prawns

- · Meanwhile, return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook prawns, 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 slivered almonds. Transfer potatoes to a bowl, then top with garlic
- Bring garlic prawns, roast potatoes, herby flatbread and almond veggies to the table to serve. Enjoy!

