

Tapas-Style Garlic Prawns & Roast Potatoes

with Almond Topped Veggies & Herby Flatbreads

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Green Beans



Snacking Tomatoes



Garlic



Parsley



Kalamata Olives



Garlic & Herb Seasoning



Flatbread



Prawns



Semi-Dried Tomatoes



Slivered Almonds



Garlic Aioli

Recipe Update

Unfortunately, this week's bake-at-home ciabatta was in short supply, so we've replaced it with flatbreads. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

	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.

1



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.

2



Get prepped

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

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.

4



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**.

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**, **semi-dried tomatoes**, remaining **garlic** and **parsley** and cook until fragrant, **1 minute**.
- Season to taste, then remove from heat.

6



Serve up

- Sprinkle veggies with **slivered almonds**. Transfer potatoes to a bowl, then top with **garlic aioli**.
- Bring garlic prawns, roast potatoes, herby flatbread and almond veggies to the table to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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