



Garlic Chilli Prawn & Risoni Salad

with Yoghurt Dressing & Almonds

MEDITERRANEAN

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Garlic



Tomato



Cucumber



Flaked Almonds



Risoni



Greek-Style Yoghurt



Peeled Prawns



Chilli Flakes (Optional)



Mixed Salad Leaves



Vegetable Stock Powder



Peeled Prawns

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

Calorie Smart

A fresh and filling salad is just what the doctor ordered - loads of crunchy veg, risoni for a source of satisfying carbs, yoghurt and nuts for healthy fats and lots of texture, and lean protein in the form of pan-fried prawns. This one ticks all the boxes!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
tomato	1	2
cucumber	1 (medium)	1 (large)
flaked almonds	1 packet	2 packets
risoni	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1682kJ (402Cal)	453kJ (108Cal)
Protein (g)	26g	7g
Fat, total (g)	11.3g	3g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	44.6g	12g
- sugars (g)	7g	1.9g
Sodium (mg)	1133mg	305mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2032kJ (486Cal)	431kJ (103Cal)
Protein (g)	39.7g	8.4g
Fat, total (g)	11.8g	2.5g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	45.6g	9.7g
- sugars (g)	8g	1.7g
Sodium (mg)	1785mg	378mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



Get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Meanwhile, finely chop **garlic**. Roughly chop **tomato** and **cucumber**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



Cook the prawns

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the last **minute** of cook time, add the remaining **garlic** and a pinch of **chilli flakes** (if using) and cook, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your prawns, cook in batches for best results.



Cook the risoni

- Cook **risoni** in the boiling water, over high heat, until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan and allow to cool slightly.



Bring it all together

- Add **tomato** and **cucumber** to the saucepan with **risoni**, along with **mixed salad leaves**, **vegetable stock powder** and a drizzle of **white wine vinegar** and **olive oil**. Stir to combine and season to taste.



Make the yoghurt dressing

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer the **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



Serve up

- Divide risoni salad between bowls. Top with garlic chilli prawns.
- Drizzle over garlic yoghurt. Sprinkle over toasted almonds to serve. Enjoy!

Rate your recipe

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