

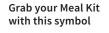
# Garlic Chilli Prawn & Risoni Salad

with Yoghurt Dressing & Almonds

MEDITERRANEAN

CLIMATE SUPERSTAR

NEW













Cucumber

Flaked Almonds





Greek-Style Yoghurt





Chilli Flakes

(Optional)

Peeled Prawns



Mixed Salad Leaves



Vegetable Stock Powder





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!



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

 $Large\ saucepan \cdot Large\ frying\ pan$ 

# Ingredients

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	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		

<sup>\*</sup>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.



# 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 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.



# 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.



# 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.



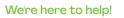
# Bring it all together

 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.



# Serve up

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



Scan here if you have any questions or concerns

