



Easy Garlic & Herb Prawn Burger

with Aioli & Veggie Fries

FEEL-GOOD TAKEAWAY

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Peeled Prawns



Garlic & Herb Seasoning



Burger Buns



Mixed Salad Leaves



Garlic Aioli



Peeled Prawns

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

We're cheering for herby prawns to win over our tastebuds. Go all out plating them up in a burger, slather in a fragrant garlic aioli and serve with crisp veggie fries. We think it's truly a win-win night.

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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
garlic	2 cloves	4 cloves
peeled prawns	1 packet	2 packets
garlic & herb seasoning	½ medium packet	1 medium packet
burger buns	2	4
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2640kJ (631Cal)	509kJ (122Cal)
Protein (g)	27.5g	5.3g
Fat, total (g)	19g	3.7g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	83.4g	16.1g
- sugars (g)	20.6g	4g
Sodium (mg)	1361mg	263mg
Dietary Fibre (g)	9.8g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3051kJ (729Cal)	486kJ (116Cal)
Protein (g)	42g	6.7g
Fat, total (g)	23g	3.7g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	80g	12.7g
- sugars (g)	25.3g	4g
Sodium (mg)	1916mg	305mg
Dietary fibre (g)	10.4g	1.7g

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 | CW22

1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide veggie between two trays.

3



Cook the prawns

- When the fries have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Season to taste.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **peeled prawns**, **garlic**, **garlic & herb seasoning** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've doubled your peeled prawns, flavour in a large bowl and cook in batches for best results.

4



Serve up

- Spread the bases of burger buns with **garlic aioli**.
- Top with salad and garlic and herb prawns.
- Serve with veggie fries. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate