



Garlic Butter Prawn Po'Boys & Mango Mayo

with Cucumber Salad & Spiced Fries

NEW

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Cucumber



Garlic



Brioche Hotdog Buns



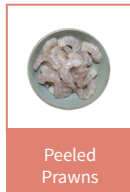
Mixed Salad Leaves



Mango Mayonnaise



Peeled Prawns



Peeled Prawns

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me First

Let's go down to the South, specifically Louisiana for their famous Po'Boy sandwiches, but why travel for them when we can bring them straight to your table. Keeping to those Southern styles, add in some prawns and serve with a golden side of fries.

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

Pantry items

Olive Oil, Butter, 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

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
Aussie spice blend	1 sachet	1 sachet
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
butter*	30g	60g
peeled prawns	1 packet	2 packets
brioche hotdog buns	1 packet	1 packet
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mango mayonnaise	1 medium packet	2 medium packets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3713kJ (887Cal)	641kJ (153Cal)
Protein (g)	29.9g	5.2g
Fat, total (g)	51g	8.8g
- saturated (g)	21.6g	3.7g
Carbohydrate (g)	69.6g	12g
- sugars (g)	18.1g	3.1g
Sodium (mg)	1736mg	300mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4063kJ (971Cal)	598kJ (143Cal)
Protein (g)	43.6g	6.4g
Fat, total (g)	51.5g	7.6g
- saturated (g)	21.8g	3.2g
Carbohydrate (g)	69.6g	10.2g
- sugars (g)	18.1g	2.7g
Sodium (mg)	2388mg	351mg

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.

1



Bake the spiced fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** and **Aussie spice blend** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

2



Get prepped

- Thinly slice **cucumber**.
- Finely chop **garlic**.

3

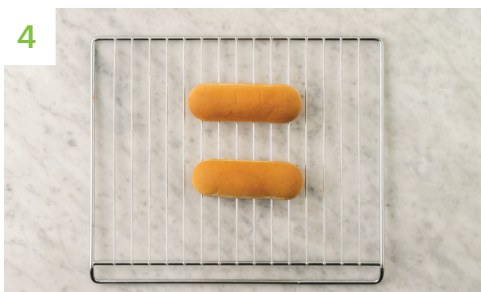


Cook the prawns

- When fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **prawns** and **garlic**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat and season prawns to taste.

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

4



Toast the brioche rolls

- Meanwhile, slice **brioche hotdog buns** in half lengthways.
- Bake directly on a wire oven rack until heated through, **5-7 minutes**.

5



Toss the salad

- In a medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

6



Serve up

- Fill brioche rolls with cucumber salad, then spoon over **mango mayonnaise**.
- Top with garlic butter prawns.
- Divide garlic butter prawn Po'Boys and spiced fries between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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