



GARLICKY PRAWNS & BEANS

with Roasted Potatoes, Mayo and Tomato Salad



HELLO GREEN BEANS

The green bean is also known as string bean owing to the string that ran along the side of the pod. It had to be removed prior to cooking- fortunately, a stringless bean was created.



Potato



Vine Tomato



Red Wine Vinegar



Garlic Clove



Green Beans



Echalion Shallot



King Prawns



Mayonnaise

MEAL BAG

Hands on: **20** mins
Total: **35** mins

2 of your
5 a day

Family Box

This recipe was inspired by a recent trip Chef Jesse took to Spain where she sampled lots of delicious tapas and came home wanting to recreate all of them! Crunchy green beans, garlicky prawns and gold and crispy roast potatoes are the perfect flavour combination, whilst the tomato salad keeps things really lovely and fresh. Enjoy with a glass of wine and imagine you're in a Spanish tapas bar!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater** (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel).



2 ROAST THE POTATOES

Pop the **potatoes** onto a large lined baking tray (or two) and drizzle on a splash of **oil**. Season well with **salt** and **pepper** and use your hands to rub the seasoning all over. Arrange in one even layer and roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



3 GET CHOPPING!

Meanwhile, chop the **tomato** into 2cm chunks and pop into a medium sized bowl. Season with **salt** and **pepper** and drizzle on the **red wine vinegar**. Stir in the **olive oil** (see ingredients for amount) and keep to one side. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop in half. Halve, peel and thinly slice the **shallot**.



4 COOK THE BEANS

Heat a splash of **oil** in a large frying pan over high heat. Add the **beans**, a splash of water and a pinch of **salt** and **pepper**. Fry for 3 mins then stir in the **shallot**. Fry until the **beans** are tender, 4 mins. Pop the **garlic** into the pan. Stir and continue to cook for 1 minute. Transfer the **beans** to a bowl and set aside. Keep the frying pan!



5 FRY THE PRAWNS

When the **potatoes** have 2-3 mins left, heat another splash of **oil** in your now empty frying pan over high heat. Season the **prawns** with **salt** and **pepper**. When hot, add the **prawns** to the pan and stir-fry for 2-3 mins. Lower the heat to medium, stir in the **green beans** and cook for 1 minute more. Remove from the heat. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



6 SERVE

Share the **potatoes** between your plates. Top with the **garlicky beans** and **prawns** and finish with the **tomato salad**. Drizzle on any **juices** from the frying pan and salad bowl. Serve the **mayo** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Vine Tomato	2	3	4
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Garlic Clove	1	2	2
Green Beans *	1 small pack	¾ large pack	1 large pack
Echalion Shallot *	1	1	2
King Prawns 5) *	150g	250g	300g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 545G	PER 100G
Energy (KJ/ kcal)	2393/ 572	439/ 105
Fat (g)	36	7
Sat. Fat (g)	3	1
Carbohydrate (g)	46	8
Sugars (g)	6	1
Protein (g)	19	3
Salt (g)	2.35	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 8) Egg 9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

YOU CAN RECYCLE ME!