



PERI PERI PRAWNS

with Veggie & Tomato Rice



XXX

xxx



Yellow Pepper



Broccoli



Vine Tomato



Flat Leaf Parsley



Lemon



Basmati Rice



Tomato Purée



Vegetable Stock Powder



Peri Peri Seasoning



King Prawns

MEAL BAG

Hands on: 15 mins
Total: 35 mins

Family Box

2 of your
5 a day

Medium heat

Peri Peri. The Portuguese marinade so delicious, they named it twice. Our Portuguese-inspired peri-peri prawns are quick, delicious and simple to cook, making them a great thing to enjoy for a midweek dinner. Packed with fresh ingredients like chopped parsley, peppers and tomatoes, the flavours in this dish are hard to beat. Serve everything up in deep bowls and finish off with a good squeeze of fresh zesty lemon.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Mixing Bowl** and **Large Frying Pan**. Now, let's get cooking!



1 GET CHOPPING

Halve the **pepper** and discard the core and seeds. Chop into small pieces. Chop the **broccoli** into florets (little trees!). Chop the **tomato** into small pieces. Roughly chop the **parsley** (stalks and all). Cut the **lemon** into wedges. Fill and boil your kettle with water, we will use it for the rice.



2 COOK THE VEGGIES

Heat a drizzle of **oil** in a large saucepan over medium-high heat. Once hot, add the **tomato** and chopped **pepper**. Cook until softened slightly, 3-4 mins. Once softened, stir in the **tomato purée** and cook for 1 minute more. Pour the boiling **water** (see ingredients for amount) into the saucepan. Add the **stock powder** and stir to dissolve.



3 ADD THE RICE

Bring back to the boil then stir the **rice** into the pan. Lower the heat to medium and cover the pan with a lid. Leave to cook for 5 mins then pop the **broccoli florets** on top of the **rice**. Quickly pop the lid back on and cook for 5 mins more. Remove the pan from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice and broccoli will finish cooking in its own steam.*



4 COAT THE PRAWNS

Pop the **peri peri seasoning** into a mixing bowl (see ingredients for amount, it's hot, hot, hot!). Add the **prawns** and toss to coat. **★ TIP:** *Use less spice if you don't like heat!*



5 FRY THE PRAWNS

When the **rice** is ready, heat a splash of **oil** in a large frying pan over medium-high heat. Once hot, add the **prawns** to the pan. Fry for 2-3 mins each side then stir in a little squeeze of **lemon juice** and **half** the **parsley**. Remove from the heat. **! IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle!*



6 DISH UP

As soon as your **prawns** are cooked, gently mix the **broccoli** through the **rice** and season with **salt** and **pepper** if needed. Divide the **rice** between your plates serve the **prawns** on top. Sprinkle over a little of the remaining **parsley** and serve with a wedge of **lemon** to squeeze on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|-----------------------------|-------------|-------------|-------------|
| Yellow Pepper * | 1 | 1 | 2 |
| Broccoli * | ½ | ¾ | 1 |
| Vine Tomato | 2 | 3 | 4 |
| Flat Leaf Parsley * | ½ bunch | ¾ bunch | 1 bunch |
| Lemon * | ½ | ¾ | 1 |
| Basmati Rice | 150g | 225g | 300g |
| Tomato Purée | ½ sachet | ¾ sachet | 1 sachet |
| Water* | 300ml | 450ml | 600ml |
| Vegetable Stock Powder (10) | ½ sachet | ¾ sachet | 1 sachet |
| Peri Peri Seasoning | ½ small pot | ¾ small pot | 1 small pot |
| King Prawns 5) * | 120g | 180g | 250g |

*Not Included

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING: 430G | PER 100G |
|-----------------------------------|-------------------|----------|
| Energy (kJ/kcal) | 1663 / 398 | 395 / 95 |
| Fat (g) | 3 | 0.42 g |
| Sat. Fat (g) | 1 | 2.85 g |
| Carbohydrate (g) | 71 | 19.30 g |
| Sugars (g) | 11 | 2.85 g |
| Protein (g) | 20 | 2.93 g |
| Salt (g) | 0.679 g | 0.184 g |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 10) Celery

🧼 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?

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