



Chimichurri Prawn Skewers and Paprika Chips with Tomato Lime Salad

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day

6



Bamboo Skewers



Potatoes



Smoked Paprika



Red Onion



Garlic Clove



Lime



King Prawns



Flat Leaf Parsley



Chilli Flakes



Medium Tomato



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Honey, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, fine grater, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Red Onion**	1	1½	2
Garlic Clove**	1	2	2
Lime**	1	1	1
King Prawns** (5)	150g	225g	300g
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Chilli Flakes	1 pinch	1 pinch	2 pinches
Medium Tomato	2	3	4
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Olive Oil for the Chimichurri*	1 tbsp	1 tbsp	1 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	4 tbsp	6 tbsp	8 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2470 /590	409 /96
Fat (g)	29.4	4.9
Sat. Fat (g)	3.1	0.5
Carbohydrate (g)	68.1	11.3
Sugars (g)	18.9	3.1
Protein (g)	19.3	3.2
Salt (g)	1.28	0.21

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Soak your **bamboo skewers** in **water** (to prevent them from burning).

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half** the **paprika**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Macerate the Tomatoes

Cut the **tomatoes** into 1cm chunks.

Add the **tomato** to another bowl with the **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Add a squeeze of **lime juice**. Season with **salt** and **pepper**, mix together and set aside.



Make your Skewers

Meanwhile, quarter and peel the **red onion**, then separate the layers. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.

Drain the **prawns**, then add them to a medium bowl along with the **onion**. Drizzle with **olive oil** and season with **salt** and **pepper**. Add **half** the **lime zest**, **half** the **garlic** and the remaining **paprika**, then mix until well coated.

Thread the **prawns** and **onion** alternately onto the **skewers** (2 per person), then pop them on a large baking tray lined with foil.

Bake on the middle shelf of your oven for 12-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Finishing Touches

Once the **prawns** are cooked, remove from the oven and drizzle over the **honey** (see pantry for amount).

Just before you're ready to serve, add the **baby leaves** to the bowl of **tomatoes** and toss together.



Chimichurri Time

While everything's in the oven, make the **chimichurri**. Roughly chop the **parsley** (stalks and all). Add to another medium bowl with a squeeze of **lime juice**, the **chilli flakes** (add less if you'd prefer things milder), remaining **garlic** and the **olive oil for the chimichurri** (see pantry for amount).

Season with **salt** and **pepper** and mix well. Set aside for later.



Serve Up

Share the **prawn skewers** between your serving plates. Drizzle over the **chimichurri**.

Serve with the **chips** and **salad** alongside.

Finish with a dollop of **mayonnaise** (see pantry for amount) for dipping.

Enjoy!