



Gambas Pil Pil King Prawn Salad

with Spiced Croutons, Roasted Pepper & Greek Style Cheese

Lunch 20-25 Minutes • Mild Spice • 2 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Bell Pepper



Ciabatta



Peri Peri Seasoning



King Prawns



Balsamic Vinegar



Baby Plum Tomatoes



Wild Rocket



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

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, frying pan and bowl.

Ingredients

| Ingredients | Quantity |
|---------------------------------------|----------|
| Bell Pepper*** | 1 |
| Ciabatta 13) | 1 |
| Peri Peri Seasoning | 1 sachet |
| King Prawns** 5) | 225g |
| Balsamic Vinegar 14) | 12ml |
| Baby Plum Tomatoes | 125g |
| Wild Rocket** | 80g |
| Greek Style Salad Cheese** 7) | 100g |

| Pantry | Quantity |
|-----------------------------|----------|
| Olive Oil for the Dressing* | 2 tbsp |
| Sugar* | 1 tsp |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|---------------|--------------|
| Energy (kJ/kcal) | 395g 1881/449 | 100g 476/114 |
| Fat (g) | 22.7 | 5.7 |
| Sat. Fat (g) | 9.8 | 2.5 |
| Carbohydrate (g) | 31.7 | 8.0 |
| Sugars (g) | 9.1 | 2.3 |
| Protein (g) | 31.3 | 7.9 |
| Salt (g) | 3.32 | 0.84 |

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

Allergens

5) Crustaceans **7)** Milk **13)** Cereals containing gluten
14) Sulphites

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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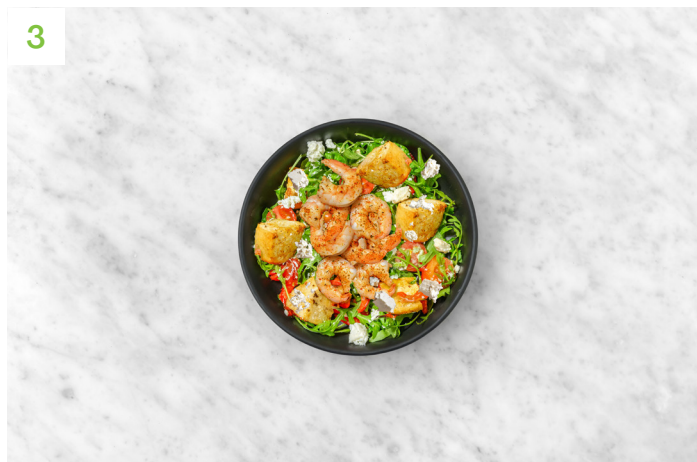
1



2



3



Bring on the Pepper and Croutons

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Cut the **pepper** into 1cm thick strips. Put the **pepper** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. When the oven is hot, roast on the top shelf until soft and slightly charred, 14-16 mins.

c) Meanwhile, tear the **ciabatta** into roughly 2cm chunks.

d) Pop the **ciabatta** onto a separate baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over **half** the **peri peri seasoning**, then toss to coat well. Bake the **spiced croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

Fry the Prawns

a) Meanwhile, drain the **prawns**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

c) Once cooked, add the remaining **peri peri seasoning** to the **prawns** and toss to coat, then remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Build your Salad

a) While the **prawns** fry, combine in a large bowl the **balsamic vinegar**, **olive oil for the dressing** and the **sugar** (see pantry for both amounts).

b) Halve the **baby plum tomatoes**.

c) Add the **roasted pepper**, **croutons**, **tomatoes** and **rocket** to the bowl of **dressing**. Crumble in **three quarters** of the **Greek style cheese**, then toss to coat everything in the **dressing**.

d) Divide the **dressed salad** between 2 serving bowls and top with the **Pil Pil Prawns**.

e) Crumble over the remaining **cheese** to finish.

Enjoy!