



Pistachio & Harissa Aioli King Prawns

with Garlic, Chilli and Lemon

Special Sides 10-15 Minutes • Medium Spice

1A

Find all your unchilled Market items in bag A.



Garlic Clove



Pistachios



Lemon



Red Chilli



King Prawns



Mayonnaise



Harissa Paste

Pantry Items
Oil, Salt, Pepper

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

Aluminium foil, baking tray, fine grater, garlic press, frying pan, kitchen scissors and bowl.

Ingredients

Ingredients	Quantity
Garlic Clove**	4
Pistachios 2)	25g
Lemon**	1
Red Chilli**	1
King Prawns** 5)	150g
Mayonnaise 8) 9)	64g
Harissa Paste 14)	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1271 /304	567 /136
Fat (g)	22.2	9.9
Sat. Fat (g)	2.1	0.9
Carbohydrate (g)	14.3	6.4
Sugars (g)	6.7	3.0
Protein (g)	14.2	6.3
Salt (g)	2.25	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **5)** Crustaceans **8)** Egg **9)** Mustard **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



Get Prepped

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

b) Set aside **half** the **garlic**, then pop the other **half** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Place onto a baking tray and, when the oven is hot, roast on the middle shelf until soft, 10-12 mins.

c) Meanwhile, remove the **pistachios** from their shells, then roughly chop. Zest and cut the **lemon** into wedges.

d) Peel and grate the remaining **garlic** (or use a garlic press). Halve the **red chilli** lengthways, deseed, then finely chop (prepare less if you'd prefer things milder).

2



Bring on the King Prawns

a) 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. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

c) Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork in a medium bowl.

d) Mix the **mayonnaise**, **harissa paste** (add less if you'd prefer things milder) and **three quarters** of the **chopped pistachios** into the bowl of **mashed garlic**. Season with **salt** and **pepper**.

3



Finish and Serve

a) Add the **chopped garlic** and **chilli** to the **prawns** and fry for 1 more min, then remove the pan from the heat. Stir through your **lemon zest**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

b) Spoon the **pistachio & harissa aioli** into the bottom of your serving bowl.

c) Top with your **cooked prawns** and sprinkle over the remaining **pistachios**.

d) Serve with **lemon wedges** for squeezing over.

Enjoy!