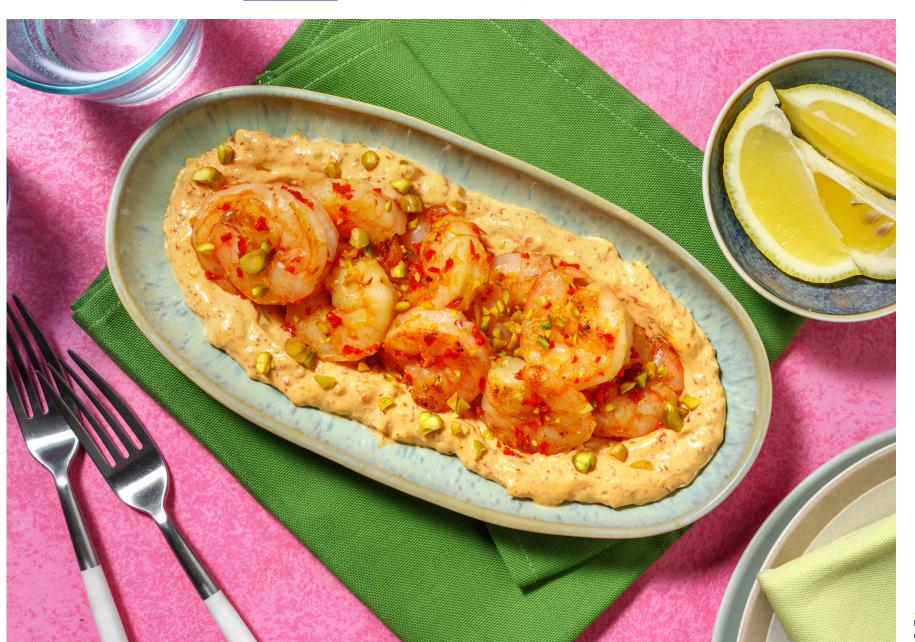


Tapas Style Prawns & Pistachio-Harissa Aioli with Garlic, Chilli and Lemon

Find all your unchilled Market items in bag A.

Special Sides 10-15 Minutes • Medium Spice













Lemon



King Prawns



Red Chilli

Mayonnaise



Harissa Paste

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	Per serving	Per 100g
for uncooked ingredient	224g	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, mollusc, 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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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**.





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!