



Creamy Cajun Tapas Style Prawns with Bell Pepper and Crispy Onions

Special Sides 10-15 Minutes • Medium Spice • 1 of your 5 a day

1A

Find all your unchilled Market items in bag A.



Lime



Garlic Clove



Bell Pepper



King Prawns



Cajun Spice Mix



Soured Cream



Crispy Onions

Pantry Items

Oil, Salt, Pepper, 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

Fine grater, garlic press, frying pan and bowl.

Ingredients

Ingredients	Quantity
Lime**	1
Garlic Clove**	1
Bell Pepper***	1
King Prawns** 5)	150g
Cajun Spice Mix	1 sachet
Soured Cream** 7)	75g
Crispy Onions 13)	1 sachet

Pantry	Quantity
Mayonnaise*	2 tbsp

*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)	245g 1150/275	100g 469/112
Fat (g)	20.6	8.4
Sat. Fat (g)	6.6	2.7
Carbohydrate (g)	10.6	4.3
Sugars (g)	6.1	2.5
Protein (g)	11.7	4.8
Salt (g)	1.44	0.59

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

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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Get Prepped

- Zest and halve the **lime**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks.

Into the Pan

- Drain the **prawns**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **bell pepper** and fry for 1 min, then 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. They're cooked when pink on the outside and opaque in the middle.
- Meanwhile, combine in a small bowl the **Cajun spice mix**, **soured cream**, the **juice** from **half** the **lime** and the **mayo** (see pantry for amount). **TIP:** Keep the other half of the lime for another recipe.

Assemble and Serve

- Once cooked, add the **lime zest** and **garlic** to the **prawns** and fry for 1 min more, until fragrant. Remove the pan from the heat.
- Spoon the **creamy Cajun sauce** into the bottom of your serving bowl.
- Top with your **cooked prawns** and **pepper**, then sprinkle over the **crispy onions** to finish.

Enjoy!