



# Central American Style Spiced Crispy Prawn Bites with Roasted Garlic Mayo and Chives

Special Sides 25-30 Minutes • **Very hot**

1A

Find all your unchilled Market items in bag A.



Garlic Clove



King Prawns



Breadcrumbs



Central American Style Spice Mix



Chives



Mayonnaise

#### Pantry Items

Oil, Plain Flour, Egg, 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, baking paper, kitchen paper, bowl, whisk and kitchen scissors.

## Ingredients

Ingredients	Quantity
Garlic Clove**	2
King Prawns** 5)	150g
Breadcrumbs 13)	50g
Central American Style Spice Mix	1 sachet
Chives**	1 bunch
Mayonnaise 8) 9)	64g

Pantry	Quantity
Plain Flour*	1 tbsp
Egg for Binding*	1
Oil for the Breadcrumbs*	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	177g	100g
	1184/283	670/160
Fat (g)	13.5	7.7
Sat. Fat (g)	1.5	0.8
Carbohydrate (g)	28.0	15.8
Sugars (g)	1.3	0.7
Protein (g)	13.0	7.4
Salt (g)	2.41	1.36

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

## Allergens

5) Crustaceans 8) Egg 9) Mustard 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

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop onto a lined baking tray and set aside for now.
- Drain the **prawns**, then pop onto a plate and pat dry with kitchen paper.
- Add the **prawns** and the **plain flour** (see pantry for amount) to a medium bowl. Toss to coat the **prawns** in the **flour**, ensuring they're completely coated.
- Crack the **egg** (see pantry for amount) into a separate medium bowl and whisk.

## Let's Bake

- In a separate medium bowl, combine the **breadcrumbs**, **Central American style spice mix**,  $\frac{1}{4}$  **tsp salt** and the **oil for the breadcrumbs** (see pantry for amount). Season with **pepper**.
- Add the **flour coated prawns** to the bowl of **egg** and mix to coat well.
- Dip the **prawns** into the **spiced breadcrumbs**, ensuring they're completely coated, then transfer to the tray with the **garlic parcel**.
- Pop on the top shelf of your oven to cook until the **prawns** are crisp and golden and the **garlic** is soft, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

## Make the Dip and Serve

- While the **prawns** bake, finely chop the **chives** (use scissors if easier).
- Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- In a small bowl, mix the **mashed garlic** with the **mayo** and **two thirds** of the **chives**. Season with **salt** and **pepper**.
- Once the **prawns** are cooked, transfer them to a serving platter and sprinkle over the remaining **chives**.
- Serve alongside your **roasted garlic mayo** to finish.

Enjoy!