



Posh King Prawn Mayo Jacket Potato







with an Avocado and Baby Leaf Salad and Chives

Lunch 35-45 Minutes • 1 of your 5 a day

13A

Find all your unchilled Market items in bag A.



-  Baking Potato
-  King Prawns
-  Chives
-  Lemon
-  Mayonnaise
-  Avocado
-  Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, fine grater and bowl.

Ingredients

Ingredients	Quantity
Baking Potato**	2
King Prawns** 5)	225g
Chives**	1 bunch
Lemon**	1
Mayonnaise 8) 9)	96g
Avocado	1
Baby Leaf Mix**	50g

Pantry	Quantity
Olive Oil*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2612 /624	418 /100
Fat (g)	32.2	5.1
Sat. Fat (g)	4.9	0.8
Carbohydrate (g)	69.1	11.0
Sugars (g)	6.3	1.0
Protein (g)	22.0	3.5
Salt (g)	2.57	0.41

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

Allergens

5) Crustaceans 8) Egg 9) Mustard

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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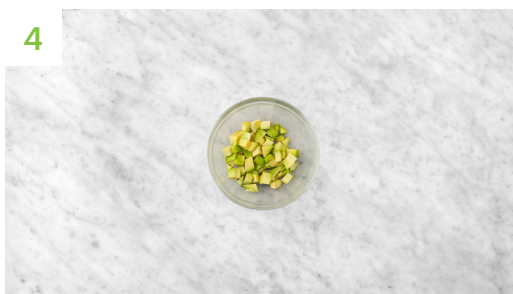
Bake the Potatoes

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

b) Halve the **potatoes** lengthways and pop them onto a baking tray.

c) Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** over the **potatoes**, then lay them cut-side down.

d) Bake on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.



Hello Avo

a) While the **prawn mayo** chills, halve the **avocado** and remove the stone. Cut the **avocado** into 1cm chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh into a medium bowl.



Fry the Prawns

a) Meanwhile, drain the **prawns**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

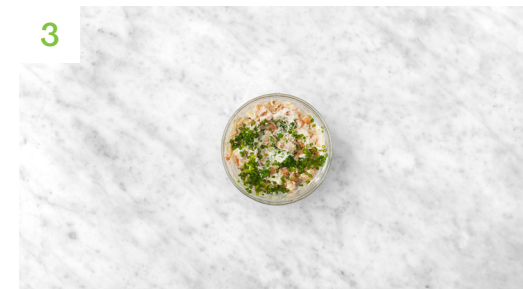
b) Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins. Once cooked, remove the pan from the heat. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*



Dress the Salad

a) Add the **baby leaf mix**, a squeeze of **lemon juice** and the **olive oil** (see pantry for amount) to the bowl of **avocado chunks** and season generously with **salt** and **pepper**. **TIP:** *Don't add the leaves too early or they'll go soggy.*

b) Toss to coat, then divide **the dressed avocado salad** between 2 serving plates.



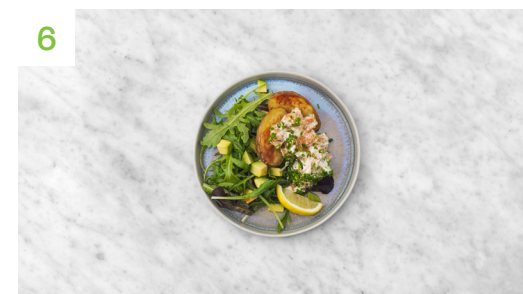
Make the Prawn Mayo

a) While the **prawns** fry, finely chop the **chives** (use scissors if easier).

b) Zest and cut the **lemon** into wedges.

c) Once cooked, roughly chop the **prawns**, then add them to a medium bowl along with the **lemon zest**, **mayonnaise** and **three quarters** of the **chives**.

d) Season generously with **salt** and **pepper**, then cover and pop in the fridge until the **potatoes** are ready.



Finish and Serve

a) Once the **potatoes** are cooked, pop them on top of the **avocado salad**.

b) Top the **potatoes** with the **prawn mayo mixture** and sprinkle over the remaining **chives**.

c) Serve any remaining **lemon wedges** on the side for squeezing over.

Enjoy!