



Moroccan Prawns and Roast Veg Couscous

with parsley yoghurt sauce

Quick Cook 20 – 25 mins • Eat me first

15



Prawns



Carrot



Sweet Potato



Couscous



Stock



Ras-el-Hanout



Baby Spinach



Parsley



Yoghurt



Almonds



Aioli



Honey

Pantry Items: Salt, Pepper, Oil, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Prawns	180 g	360 g
Carrot	1 unit	2 units
Sweet Potato	1 unit	2 units
Couscous	100 g	250 g
Stock	1 sachet	2 sachets
Ras-el-Hanout	2 sachets	4 sachets
Baby Spinach	60 g	120 g
Parsley	5 g	10 g
Yoghurt	75 g	150 g
Almonds	15 g	30 g
Aioli	1 sachet	2 sachets
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	460.5 g	100 g
Energy (kJ/kcal)	2765.6 kJ/ 661 kcal	600.6 kJ/ 143.5 kcal
Fat (g)	24.5 g	5.3 g
Sat. Fat (g)	2.9 g	0.6 g
Carbohydrate (g)	81 g	17.6 g
Sugars (g)	18.6 g	4 g
Protein (g)	29.2 g	6.3 g
Salt (g)	3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Roast the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Trim the **carrot** then halve lengthways (unpeeled). Slice widthways into 1cm thick pieces.
- Add the veg to a lined baking tray. Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Fry the Prawns

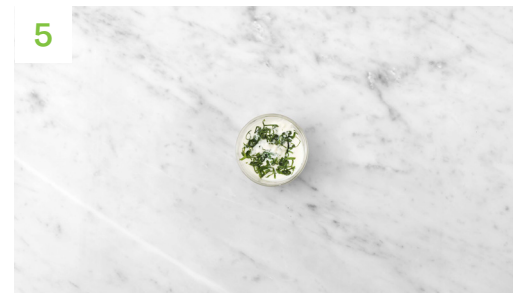
- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **ras-el-hanout, salt** and **pepper**.
- Cook for 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Once cooked, remove the pan from the heat and stir through the **honey**.



Make the Couscous

- Pour the **couscous** and **stock** into a bowl.
- Stir in 200ml boiling **water** (500ml for 4p).
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).

TIP: If you're in a hurry you can boil the water in your kettle.



Finishing Touches

- Meanwhile, roughly chop the **parsley** (stalks and all).
- In a bowl, mix the **aioli, yoghurt** and **parsley**. Season to taste with **salt** and **pepper**.
- Stir the roast veg and **spinach** through the **couscous**. Season to taste with **salt** and **pepper**.



Toast the Almonds

- Place a pan over medium heat (without oil).
- Once hot, dry-fry the **almonds**, stirring regularly, until lightly toasted, 3-4 mins.
- Remove from the pan and set aside.

TIP: Watch them closely—they can burn easily.



Garnish and Serve

- Divide the roast veg **couscous** between bowls.
- Top with **ras-el-hanout** spiced **prawns**.
- Drizzle over the **parsley** sauce.
- Finish with a scattering of toasted **almonds**.

Enjoy!