



# Prawn Cocktail with Avocado

Serves 2

Sides 10 – 15 mins • Eat me first



Prawns



Mayo



Worcester Sauce



Ketchup



Paprika



Lemon



Avocado



Cucumber

Pantry Items: Oil, Salt, Pepper



Rate your  
recipe!

2024-W44

## 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.

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

## Cooking tools you will need

Zester

## Ingredients

	Quantity
Prawns	150 g
Mayo	2 sachets
Worcester Sauce	1 sachet
Ketchup	1 sachet
Paprika	1 sachet
Lemon	1 unit
Avocado	1 unit
Cucumber	1 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	322.5 g	100 g
Energy (kJ/kcal)	1386 kJ/ 331 kcal	430 kJ/ 103 kcal
Fat (g)	24.5 g	7.6 g
Sat. Fat (g)	3.2 g	1 g
Carbohydrate (g)	19.5 g	6.1 g
Sugars (g)	6 g	1.8 g
Protein (g)	15.3 g	4.7 g
Salt (g)	1.9 g	0.6 g

## 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.

## Contact

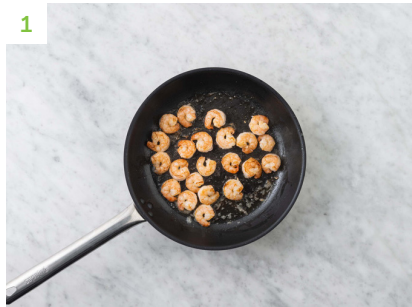
Share your creations with  
#HelloFreshIreland

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

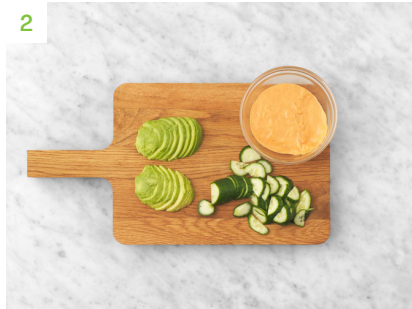


You can recycle me!

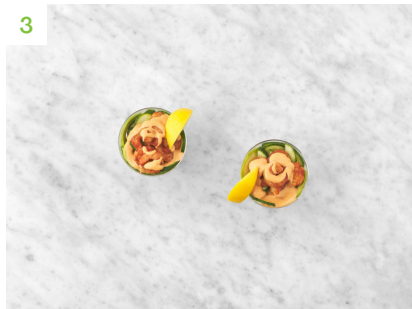
1



2



3



## Cook the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **salt, pepper** and **half the paprika**.
- Fry until cooked through, 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.

## Make the Sauce

- Meanwhile, zest and quarter the **lemon**. Juice **half the lemon** wedges.
- In a bowl, mix the **mayo, ketchup, remaining paprika, lemon** zest, **Worcester sauce** and 1 tsp **lemon** juice. Season to taste with **salt** and **pepper**.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh and thinly slice.
- Trim the **cucumber** then halve lengthways. Thinly slice widthways.

## Finish and Serve

- Arrange **avocado** and **cucumber** around the sides and at the bottom of cocktail glasses.
- Top with the **prawns**.
- Drizzle the cocktail sauce over the top.
- Serve the remaining **lemon** wedges alongside.

## Enjoy!