



Prawn Caesar Salad

with roasted chickpeas

15 – 20 mins • Eat me first

12



Prawns



Chickpeas



Salad Leaves



Cherry Tomatoes



Grated Italian Style Hard Cheese



Yoghurt



Garlic



Mustard



Lemon



Mayo



Paprika

Pantry Items: Oil, Salt, Sugar, Pepper



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

Grater, sieve, zester

Ingredients

	2P	4P
Prawns	150 g	300 g
Chickpeas	1 pack	2 packs
Salad Leaves	120 g	240 g
Cherry Tomatoes	125 g	250 g
Grated Italian Style Hard Cheese	1 unit	2 units
Yoghurt	110 g	220 g
Garlic	2 units	4 units
Mustard	½ sachet	1 sachet
Lemon	1 unit	2 units
Mayo	2 sachets	4 sachets
Paprika	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	540.3 g	100 g
Energy (kJ/kcal)	2489 kJ/ 595 kcal	461 kJ/ 110 kcal
Fat (g)	31.2 g	5.8 g
Sat. Fat (g)	7.1 g	1.3 g
Carbohydrate (g)	32.9 g	6.1 g
Sugars (g)	9.6 g	1.8 g
Protein (g)	30.4 g	5.6 g
Salt (g)	2.6 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

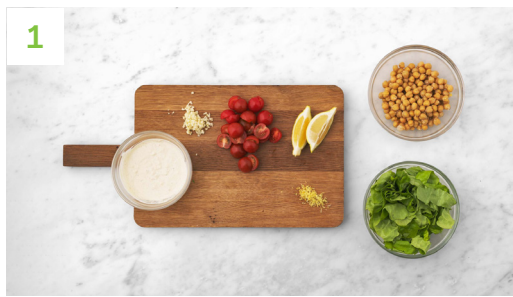
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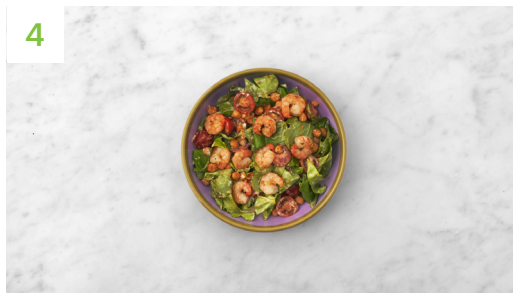


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Get Prepped

- Zest and quarter the **lemon**. Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.
- Trim and roughly chop the **salad leaves**.
- Halve the **tomatoes**.
- To make your dressing mix the **mayo, yoghurt, cheese, half** a sachet of **mustard** (per 2P), 1 tsp **lemon** zest (per 2P), and the juice of 2 **lemon** wedges (per 2P) in a large bowl. Season to taste with **salt, pepper** and **sugar**.



Finish and Serve

- Add the **chickpeas, salad leaves** and **tomato** to the bowl with the lemony dressing and toss to coat.
- Divide the salad between deep plates and arrange the **garlic prawns** on top.

Enjoy!



Cook the Chickpeas

- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chickpeas** and fry for 3-4 mins, stirring constantly.
- Add **half** the **garlic** and the **paprika** and cook for 1 min. Season with **salt** and **pepper**.
- Once cooked, remove from the pan and set aside.



Fry the Prawns

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and remaining **garlic**. Season with **salt** and **pepper** and 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.