

Cajun Fried Prawns

with loaded salad and roast potatoes

35 – 40 mins • Eat me first • **Optional spice**

11



Prawns



Cajun Spice Mix



Radish



Honey Mustard Dressing



Aioli



Tomato



Crispy Onions



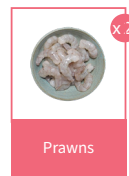
Salad Leaves



Dried Chilli Flakes



Baby Potatoes



Prawns



Diced Chicken Breast

Pantry Items: Salt, Pepper, Oil



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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

Baking sheet with baking paper

Ingredients

	2P	4P
Prawns	150 g	300 g
Cajun Spice Mix	2 sachets	4 sachets
Radish	125 g	250 g
Honey Mustard Dressing	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Tomato	2 units	4 units
Crispy Onions	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Dried Chilli Flakes	1 sachet	2 sachets
Baby Potatoes	500 g	1000 g
Prawns	300 g	600 g
Diced Chicken Breast	260 g	520 g

Nutrition

for uncooked ingredient	Recipe 1		Recipe 2
	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	399.3 kJ/ 95.4 kcal	382 kJ/ 91 kcal	429 kJ/ 103 kcal
Fat (g)	4.7 g	4.1 g	4.4 g
Sat. Fat (g)	0.6 g	0.6 g	0.6 g
Carbohydrate (g)	10.5 g	9.2 g	9.5 g
Sugars (g)	1.6 g	1.4 g	1.5 g
Protein (g)	3.3 g	4.6 g	6.5 g
Salt (g)	0.4 g	0.5 g	0.2 g

See site or app for detailed nutritional info.

Allergens

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

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You can recycle me!



Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks.
- Pop them onto a large (lined) baking tray.
- Toss with **chilli flakes** (use less if you don't like spice), **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Finish and Serve

- Divide the tossed salad and **Cajun prawns** between plates.
- Serve the **roasted potatoes** alongside.
- Drizzle over the **aioli** and then scatter the **crispy onions** over the top.

Enjoy!



Assemble the Salad

- Trim and quarter the **radish**.
- Cut the **tomato** into 2cm chunks.
- Just before serving toss the **salad leaves** with the **tomatoes, radish, and honey mustard dressing**. Season to taste with **salt and pepper**.



Fry the Cajun Prawns

- When the **potatoes** have 5 mins left to go, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **Cajun spice, salt and pepper**.
- Fry until cooked through, 4-5 mins.
- Once cooked, remove the pan from the heat. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.

CUSTOM OPTIONS



DICED CHICKEN BREAST

Swapping to chicken? Add to the hot pan, season as instructed and fry until cooked through, 8-10 mins.