



Cajun Prawns

with Wedges, Beans & Lime Mayo

CLASSIC 40 Minutes • Medium Heat • 1 of your 5 a day

N° 4



Potatoes



Cajun Spice



Red Onion



Green Pepper



Lime



Garlic Clove



King Prawns



Cannellini Beans



Mayonnaise



Tomato Puree



Vegetable Stock Powder

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Two Frying Pans.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Cajun Spice	1 small pot	¾ large pot	1 large pot
Red Onion**	1	1	2
Green Pepper**	1	2	2
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
King Prawns 5)**	150g	250g	300g
Cannellini Beans	1 carton	1½ cartons	2 cartons
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Stew*	1 tsp	1½ tsp	2 tsp
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	668g	100g
Energy (kJ/kcal)	1833 /438	274 /66
Fat (g)	11	2
Sat. Fat (g)	1	1
Carbohydrate (g)	62	9
Sugars (g)	9	1
Protein (g)	23	4
Salt (g)	2.64	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 8) Egg 9) Mustard 10) Celery

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!

Packed in the UK



1. Roast Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **half** of the **Cajun seasoning, salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Finish the Bean Stew

Once the **onion** and **pepper** are cooked, heat a splash of **oil** in a frying pan over a medium-high heat. When hot, add the **roasted pepper** and **onion** along with the **garlic** and cook for 1 minute. Add the **tomato puree, water, sugar** (see ingredients for both amounts) and **veg stock powder**. Stir in the **beans** and simmer until thickened, 3-5 mins. Season to taste with **salt** and **pepper**, then remove from the heat.



2. Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Put the **prawns** in a small bowl along with the remaining **Cajun spice** and **lime zest**, mix and set aside to marinate. Drain and rinse the **cannellini beans** in a sieve.



5. Cook the Prawns

Meanwhile, heat a splash of **oil** in a large frying pan over high heat. When hot, add the **prawns**, season with **salt** and **pepper** and stir-fry until cooked through, 3-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



3. Make the Lime Mayo

Put the sliced **pepper** and **onion** on a baking tray. Drizzle over some **oil**, season with **salt** and **pepper**, toss together, then spread in a single layer. Roast on the middle shelf of your oven until the **onion** has softened and the **pepper** is starting to char, 10-12 mins. Meanwhile, in a small bowl combine the **mayo** and **half** of the **lime juice**. Mix well to form a pourable consistency. Add a bit more **lime juice** if needed.



6. Time To Serve

Once everything is cooked, divide your **wedges** between plates. Reheat the **beans** if necessary and spoon them alongside the **wedges**. Top with the **prawns** and drizzle the **lime mayo** all over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.