

Thai-Style Prawn Salad

with Spiced Roast Pumpkin & Lime-Chilli Dressing

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Thai Seven Spice Blend
-  Garlic
-  Makrut Lime Leaves
-  Lime
-  Fish Sauce & Rice Vinegar Mix
-  King Prawns
-  Cherry Tomatoes
-  Cucumber
-  Mint
-  Coriander
-  Roasted Peanut Cashew Mix
-  Sweet Chilli Sauce
-  Mixed Salad Leaves
-  Long Red Chilli (Optional)
-  Crispy Shallots

 Hands-on: 25-35 mins
Ready in: 35-45 mins

 Calorie Smart

 Eat me first

 Spicy (optional long red chilli)

Refreshing and fragrant, you can't beat a prawn salad with a zingy lime-chilli dressing. With bright greens, sweet cherry tomatoes and spiced roast pumpkin wedges, it's an explosion of flavour with every bite.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
Thai seven spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
lime	1	2
fish sauce & rice vinegar mix	1 tub (20g)	1 tub (40g)
king prawns	1 packet	2 packets
cherry tomatoes	1 punnet	2 punnets
cucumber	1	2
mint	1 bunch	1 bunch
coriander	1 bag	1 bag
roasted peanut cashew mix	1 packet	2 packets
sweet chilli sauce	1 packet (50g)	1 packet (100g)
water*	2 tsp	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
long red chilli (optional)	1	2
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2203kJ (526Cal)	313kJ (74Cal)
Protein (g)	26.7g	3.8g
Fat, total (g)	23.9g	3.4g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	43.7g	6.2g
- sugars (g)	31.2g	4.4g
Sodium (mg)	1637mg	233mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Sauvignon or Pino Gris



Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 1cm wedges. Place the **pumpkin** and **Thai seven spice blend** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **25-30 minutes**.

TIP: Peel the pumpkin if you prefer!



Make the salad

Combine the **cherry tomatoes**, **cucumber**, **mint** and **mixed salad leaves** in a large bowl. Drizzle with a little **olive oil** and season with **salt** and **pepper**. Toss to combine.



Flavour the prawns

While the pumpkin is roasting, finely chop the **garlic**. De-stem the **makrut lime leaves** and very thinly slice. Zest the **lime** to get a good pinch and slice in half. In a medium bowl, combine the **garlic**, **makrut lime**, **lime zest** and **fish sauce & rice vinegar mix**. Add the **king prawns** and toss to combine. Set aside.



Cook the prawns

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **prawns**, tossing, until pink and starting to curl up, **3 minutes**. Add any remaining **marinade** to the pan and toss to coat.



Get prepped

Halve the **cherry tomatoes**. Thinly slice the **cucumber** into half-moons. Pick the **mint** leaves and thinly slice. Finely chop the **coriander**. Roughly chop the **roasted peanut cashew mix**. In a small bowl, combine the **peanut cashew mix**, **sweet chilli sauce**, **coriander**, **water** and the **lime juice** (1 lime for 2 people / 2 limes for 4 people). Season with **salt** and **pepper** and stir to combine.



Serve up

Thinly slice the **long red chilli** (if using). Divide the spiced roast pumpkin and salad between plates and top with the Thai-style prawns. Drizzle with the lime-chilli dressing. Sprinkle with the **crispy shallots** and chilli to serve.

Enjoy!