

# Carrot Pancakes

with Spicy Prawns and Tenderstem Broccoli

**hellóchef**

Hearty and perfectly spicy!

Cals 544 • Prot 44 • Carbs 35 • Fat 26

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🕒 cook: 40 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Spicy prawns	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Garlic powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp
Pancakes				
Carrot	3	5	6	Piece
Organic Eggs 5*	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
To serve				
Tenderstem broccoli	150	225	300	Grams
Large red chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	2	2	Piece
Labneh 4*	200	200	400	Grams

Allergens

\*7 Crustaceans, \*5 Eggs, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2277 / 544
Fat (g)	26.1
of which saturates (g)	13.5
Carbohydrate (g)	35
of which sugars (g)	17.3
Fiber (g)	10.1
Protein (g)	44.1
Salt (g)	1.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make pancakes

Preheat the oven to 200°C/180°C fan. Peel and grate the **carrots**. Place them in a colander and sprinkle with **salt**. Leave in the sink for 2 min. Squeeze out any liquid from the **carrots**. Add the **carrots** to a bowl with the **eggs** and mix. Spoon the mixture onto a lined baking tray so that they resembles small, individual **pancakes**. Drizzle with **oil** and bake for 15 min.



2 Prep prawns

Meanwhile, drain the **prawns** on kitchen paper. Add the **prawns, garlic powder, chipotle (spicy!), salt, black pepper** and **oil** to a bowl and give everything a good mix up. Set aside.



3 Boil broccoli

Trim the **tenderstem broccoli** and cook it in a pot of salted boiling water for 3 min or until tender. Drain once cooked.



4 Fry prawns

Heat a pan over a medium-high heat. Once hot, fry the **prawns** for 1-2 min on each side or until cooked through.



5 Prep toppings

Slice the **red chilli** into thin rings. Chop the **coriander**. Slice the **limes** into wedges.



6 Serve

Top each **carrot pancake** with a dollop of **labneh**. Top with the **prawns, red chilli (spicy!)** and **coriander**. Serve the **tenderstem broccoli** alongside. Garnish with a wedge of **lime**.