

Smoky Prawns with Fiery Roasted Tomato Salsa

Quinoa, Avocado and Corn

hellóchef

This tomato salsa adds the perfect dose of tang!

Cals 627 • Prot 37 • Carbs 73 • Fat 22

hellochef.com • 04-825-44-00 • hello@hellochef.com



🕒 cook: 40 min

R3318

Before you start

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

Ingredients

Prawns	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Smoked paprika powder	2	2	4	Grams
Cajun spice	4	6	8	Grams
Smoked sea salt	2	2	4	Grams
Vegetable oil	1	1	2	Tbsp
Tomato salsa				
Tomatoes	2	3	4	Piece
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Jalapeno slices	30	45	60	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Vegetable stock cube 15*	1	1	1	Piece
Red vinegar	15	22	30	ML
Fresh coriander	15	15	15	Grams
Toppings				
Sweet corn kernels	122	122	244	Grams
Avocado	1	2	2	Piece
Quinoa				
White quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	0.5	1	1	Tsp

Allergens

*7 Crustaceans, *15 Celery

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)	2620 / 627
Fat (g)	22.3
of which saturates (g)	3
Carbohydrate (g)	73
of which sugars (g)	11.2
Fiber (g)	15.4
Protein (g)	36.6
Salt (g)	0.9

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



1 Tomato salsa

Preheat the oven to 220°C/200°C fan. Halve the **tomatoes**. Peel and quarter the **onions**. Peel the **garlic**. Place the **tomatoes** onto an oiled baking tray, flat-side down. Add the **onion, jalapeno (spicy!)** and **garlic** with a generous drizzle of **oil** and **salt**. Bake for 20 min or until the **tomatoes** begin to char slightly. After 20 min transfer to a blender along with any extra juices from the tray. Add the [0.5/1/1] **stock cube** and **red vinegar**. Blend until smooth.

Tip! For a milder salsa, deseed or omit the jalapeno.



4 Prep

Drain the **corn**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks. Finely chop the **coriander** leaves.



2 Cook quinoa

Meanwhile, add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



5 Fry prawns

Once the **salsa** is ready, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and fry for 2-3 min until pink and cooked through.



3 Marinate

Meanwhile, add the **prawns, smoked paprika, cajun spice (spicy!)**, a generous pinch of **smoked sea salt** and a drizzle of **oil** to a large bowl. Toss until coated. Refrigerate to use in step 5.

Tip! Sensitive to spice? Go easy on the cajun spice.



6 Serve

Add the **coriander** to the **salsa** and stir through. Divide the **quinoa** and top with the **salsa, prawns, corn** and **avocado**.