

Prawns in Harissa Butter

with Lemon Mint Zucchini and Labneh

hellóchef

Harissa is a North African chilli paste which predominantly consists of peppers, spices and garlic.

Cals 575 • Prot 38 • Carbs 37 • Fat 33

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🕒 cook: 20 min

R3498



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
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Butter 4*	30	50	50	Grams
Smoked paprika powder	2	2	4	Grams
Garlic onion powder	4	4	8	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Harissa paste	20	30	40	Grams
Lemon zucchini				
Small zucchini	4	6	8	Piece
Red onion	1	2	2	Piece
Fresh mint	10	10	10	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Baby spinach	40	60	90	Grams
Lemon	1	1	1	Piece
To serve				
Pomegranate molasses	20	30	40	Grams
Honey	15	15	30	Grams
Labneh 4*	200	200	400	Grams

Allergens

*7 Crustaceans, *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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)	2397 / 575
Fat (g)	32.8
of which saturates (g)	20
Carbohydrate (g)	37
of which sugars (g)	15.5
Fiber (g)	6.4
Protein (g)	37.8
Salt (g)	2.8

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



1 Prep

Slice the **zucchini** into rounds. Peel and slice the **onion** into petals. Pick and roughly chop the **mint** leaves. Melt the **butter** in a small bowl in the microwave. Add the **smoked paprika, garlic onion powder, soy sauce** and **harissa paste (spicy!)** and mix well.



2 Fry zucchini

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **zucchini** and **onion** with a generous pinch of **salt**. Fry for 4 min or until **zucchini** and **onion** begin to brown and are cooked through.



3 Fry prawns

Meanwhile, heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and fry for 2 min.



4 Finish prawns

Add the **harissa butter** and fry for 1 final min or until the **prawns** are cooked through. Set aside.



5 Finish zucchini

Once the **zucchini** is ready, add the **baby spinach**. Fold gently so the **spinach** starts to wilt. Once the **spinach** is wilted, remove the pan from the heat. Add a squeeze of **lemon** juice and the **mint**.

Tip! Firmly roll the lemon on the work surface before slicing it; this will help release more of its juices.



6 Serve

Serve the **harissa prawns** alongside the **zucchini** and **spinach**. Finish with a generous dollop of **labneh** and drizzle with the **pomegranate molasses, honey** and any extra **harissa butter (spicy!)**.