



Product Spotlight: Catalanos Seafood

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



Crispy Prawn Po Boy with Spicy Mayo

Golden crumbed prawns served in toasted rolls with crisp lettuce, tomato, cucumber, and tangy pickled shallots. Drizzled with spicy mayo and served with roasted sweet potato chips.

 35 minutes

 2 servings

 Fish

Jazz it up!

Add some fresh coriander, parsley, sliced radishes or pickled jalapeños to elevate the dish!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	22g	99g

FROM YOUR BOX

SWEET POTATOES	400g
SHALLOT	1
TOMATO	1
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
FRESH PRAWNS	1 packet
SRIRACHA MAYO	1 sachet
PANKO CRUMBS	40g
HOT DOG ROLLS	2



1. ROAST THE CHIPS

Set oven to 220°C.

Cut **sweet potatoes** into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.



2. PREPARE THE FILLINGS

Peel and finely diced **shallot**. Place in a small bowl with **1–2 tbsp vinegar** and a pinch of **salt** to quick-pickle (see notes). Shred **lettuce**, slice **tomato**, and ribbon **cucumber** using a vegetable peeler.



3. PREPARE THE PRAWNS

Rinse **prawns**, pat dry. Coat with **1/2 tsp smoked paprika**, **1 tbsp sriracha mayo** and **salt** (see notes). Spread **panko crumbs** on a plate and press prawns in to coat both sides evenly.

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, apple cider vinegar

KEY UTENSILS

oven tray, frypan

NOTES

You can use lemon juice instead of vinegar. Add sugar to balance if preferred.

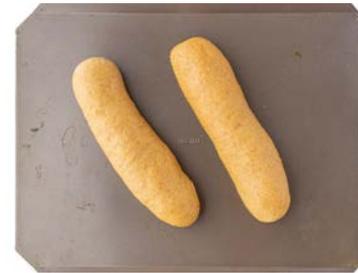
To help the panko crumbs coat, you can coat the prawns with flour then a beaten egg or the sriracha mayo before pressing into the crumbs.

No gluten option – hotdog rolls are replaced with GF rolls. Panko crumbs are replaced with lupin crumbs.



4. COOK THE PRAWNS

Heat a **frypan** over medium–high heat and coat base with **oil**. Cook **prawns** for 2 minutes per side until golden and cooked through. Drain on paper towel if needed.



5. WARM THE ROLLS

Have **hotdog rolls** and place in oven to warm for 2 minutes.



6. FINISH AND SERVE

Assemble **rolls** with **lettuce, tomato, cucumber** and **pickled shallot**. Top with **crispy prawns** and a drizzle of **sriracha mayo** Serve with **sweet potato chips** on the side.



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