

**Product Spotlight:
Catalano's 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.

CATALANO'S
SEAFOOD

Honey Cajun Prawns

Sustainably sourced Australian prawns coated in a custom-blend Cajun spice mix, paired with creamy polenta, sautéed kale, fresh tomato and a fiery honey and sweet corn sauce.



30 minutes



2 servings



Fish

Spice it down!

The cajun spice mix in this dish contains cayenne pepper. You can reduce the heat by only using half of the spice mix.

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**
0g 0g 0g

FROM YOUR BOX

CORN COB	1
BROWN ONION	1
GARLIC	2 cloves
KALE	3 leaves
RED CHILLI	1
TOMATO	1
PRAWNS	200g
CAJUN SPICE MIX	1 packet
HONEY	1 shot
POLENTA	125g

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Hold base of kale stem in one hand, use other hand to pinch stem at base of the leaves between your thumb and index finger. Pull upward and the leaves will strip off cleanly.

Remove seeds from chilli for a milder heat.

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne



1. PREPARE THE INGREDIENTS

Remove **corn kernels** from cob. Dice **onion**, crush **garlic**, and tear or chop **kale leaves** (see notes). Thinly slice **chilli**. Slice **tomato** and season with **1 tsp vinegar**, **salt** and **pepper**. Set aside to marinate.

Bring **650ml water** to a boil in a saucepan (for polenta, step 5). Keep covered.



2. COOK THE KALE

Heat a large frypan over medium-high heat with **oil**. Add kale and half the garlic. Sauté for 2–4 minutes until tender. Season to taste with **salt and pepper**. Remove to a bowl and keep pan over heat.



3. COOK THE PRAWNS

Add extra oil to pan. Coat **prawns** with **half the spice mix** and season with **salt**. Add to pan and cook for 1–2 minutes each side or until just pink and cooked through. Remove to a bowl and keep pan over heat.



4. COOK THE SAUCE

Add onion, garlic and corn to the pan with more **oil** if needed. Sauté for 4 minutes until softened. Stir in remaining spice mix, **3/4 cup water** and **honey**. Cook for 3 minutes. Finish with **1/2 tbsp vinegar**, **salt** and **pepper**.



5. COOK THE POLENTA

Gradually pour in **polenta** while whisking continuously. Cook for 2–3 minutes until thickened. Remove from heat, season with **salt and pepper**.



6. FINISH AND SERVE

Divide polenta among bowls. Top with kale, prawns, corn sauce, and tomato slices. Garnish with chilli to serve.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

