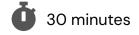


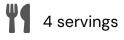




Honey Cajun Prawns

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.







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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

Og C

Og

Og

FROM YOUR BOX

CORN COBS	2
BROWN ONION	1
GARLIC	3 cloves
KALE	1 bunch
RED CHILLI	1
TOMATOES	2
PRAWNS	2 x 200g
CAJUN SPICE MIX	1 packet
HONEY	2 shots
POLENTA	250g

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 cobs. Dice onion, crush garlic, and tear or chop kale leaves (see notes). Thinly slice chilli. Slice tomatoes and season with 2 tsp vinegar, salt and pepper. Set aside to marinate.

Bring 1.3L water to a boil in a saucepan (for polenta, step 5). Keep covered.



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, 1 1/2 cups water and honey. Cook for 3 minutes. Finish with 1 tbsp vinegar, salt and pepper.



2. COOK THE KALE

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

Heat a large frypan over medium-high 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.



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



