

Honey-Soy Prawn Tacos

with Asian-Style Salad & Crispy Shallots

Grab your Meal Kit with this symbol



Carrot



Pea Pods



Garlic



Peeled Prawns



Japanese Style Dressing



Baby Spinach Leaves



Mini Flour Tortillas



Mayonnaise



Crispy Shallots



Peeled Prawns

Prep in: 15-25 mins
Ready in: 25-35 mins



Calorie Smart

Eat Me First

Nothing screams summer tacos quite like adding prawns to your tortillas. This super bright concoction packs colour, crunch and flavour (honey-soy to be precise). Sprinkle over some crispy shallots to serve and dig in!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
pea pods	1 small bag	1 medium bag
garlic	1 clove	2 cloves
peeled prawns	1 packet	2 packets
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tsp	1 tbs
Japanese style dressing	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	1 packet (80g)
crispy shallots**	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2359kJ (564Cal)	637kJ (152Cal)
Protein (g)	24.4g	6.6g
Fat, total (g)	32.2g	8.7g
- saturated (g)	5.6g	1.5g
Carbohydrate (g)	50.3g	13.6g
- sugars (g)	10.8g	2.9g
Sodium (mg)	1499mg	405mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2633kJ (629Cal)	560kJ (134Cal)
Protein (g)	38.4g	8.2g
Fat, total (g)	33.2g	7.1g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	50.3g	10.7g
- sugars (g)	10.8g	2.3g
Sodium (mg)	2156mg	458mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Grate **carrot**.
- Trim **pea pods**.
- Roughly chop **garlic**.

3



Make the salad & heat the tortillas

- In a medium bowl, combine **Japanese style dressing** and a drizzle of **olive oil**.
- Add **baby spinach leaves**, **pea pods** and **carrot** and toss to coat. Season.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

2



Cook the honey-soy prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. In the **last minute**, add **garlic**, the **soy sauce**, **honey** and **vinegar**, and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat and cover to keep warm.

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for the best results, returning all prawns to the pan before adding the garlic and sauces.

4



Serve up

- Spread each tortilla with some **mayonnaise**.
- Top with a helping of Asian-style salad and honey-soy prawns.
- Sprinkle with **crispy shallots** to serve. Enjoy!

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