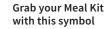
# Honey-Soy Prawn Tacos with Asian-Style Salad & Crispy Shallots











Carrot





Garlic



Peeled Prawns



Japanese Style



Baby Spinach

Leaves

Dressing



Mini Flour



Mayonnaise

Tortillas

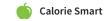


Crispy Shallots



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

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

3			
	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	1/4 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	
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

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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.

Scan here if you have any questions or concerns

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





# Get prepped

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



# 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.



## 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.



## 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!

We're here to help!