

Honey-Soy Prawn Tacos

with Sesame Slaw & Crushed Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pear



Peeled Prawns



Baby Spinach Leaves



Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Crushed Peanuts



Peeled Prawns

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

Calorie Smart

Eat Me First

This super bright concoction packs colour, crunch and flavour (honey-soy to be precise). By popping these delicious prawns into warm tortillas, all that is left to do is to sprinkle over some crunchy peanuts 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, Honey, Soy Sauce

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
pear	1	2
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	¼ cup
peeled prawns	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 large packet	2 large packets
mini flour tortillas	6	12
crushed peanuts	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)	2371kJ (567Cal)	621kJ (148Cal)
Protein (g)	26.1g	6.8g
Fat, total (g)	24.6g	6.4g
- saturated (g)	3.8g	1g
Carbohydrate (g)	56g	14.7g
- sugars (g)	19.6g	5.1g
Sodium (mg)	2103mg	551mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	549kJ (131Cal)
Protein (g)	40.1g	8.3g
Fat, total (g)	25.6g	5.3g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	56g	11.6g
- sugars (g)	19.6g	4.1g
Sodium (mg)	2760mg	573mg

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



Get prepped

- Thinly slice **pear**.
- In a small bowl combine the **honey** and **soy sauce**.



Toss the slaw

- While prawns are cooking, in a large bowl, combine **pear**, **baby spinach leaves**, **shredded cabbage mix** and **sesame dressing**. Toss to coat and season to taste.
- Microwave **mini flour tortillas** on a plate in **10-second** bursts until warmed through.

TIP: Massage wraps in the packet before microwaving to prevent tearing.



Cook the 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** of cook time, add **honey-soy mixture**, tossing to coat.

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 honey-soy mixture.



Serve up

- Fill each tortilla with sesame slaw and honey-soy prawns.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

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