

CLIMATE SUPERSTAR











Peeled Prawns



Baby Spinach



Shredded Cabbage

Leaves





Mini Flour

Tortillas

Sesame Dressing



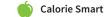
Crushed Peanuts





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

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!



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pear	1	2	
honey*	1 tbs	2 tbs	
soy sauce*	2 tbs	1/4 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.



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!



