

Quick Honey-Soy Prawn Tacos

with Slaw & Crushed Peanuts

Grab your meal kit with this number

31



Apple/Pear



Spring Onion



Peeled Prawns



Sweet Soy Seasoning



Baby Spinach Leaves



Shredded Cabbage Mix



Mini Flour Tortillas



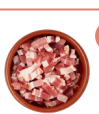
Garlic Aioli



Crushed Peanuts



Peeled Prawns



Diced Bacon

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

 Calorie Smart

 Eat Me Early

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 and spring onion to serve and dig in!

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 |
| apple/pear | 1 | 2 |
| spring onion | 1 | 2 |
| peeled prawns | 1 packet | 2 packets |
| sweet soy seasoning | 1 sachet | 2 sachets |
| honey* | 1 tbs | 2 tbs |
| baby spinach leaves | 1 small packet | 1 medium packet |
| shredded cabbage mix | 1 medium packet | 1 large packet |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| mini flour tortillas | 6 | 12 |
| garlic aioli | 1 medium packet | 1 large packet |
| crushed peanuts | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2735kJ (654cal) | 352kJ (84cal) |
| Protein (g) | 26.1g | 3.4g |
| Fat, total (g) | 30.8g | 4g |
| - saturated (g) | 5g | 0.6g |
| Carbohydrate (g) | 63.7g | 8.2g |
| - sugars (g) | 19.7g | 2.5g |
| Sodium (mg) | 1885mg | 242.9mg |
| Dietary Fibre (g) | 10.6g | 1.4g |

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 **apple/pear** and **spring onion**.



Toss the slaw

- Meanwhile, in a large bowl, combine **apple/pear**, **baby spinach leaves**, **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. 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 **sweet soy seasoning** and the **honey**, tossing to coat.



Serve up

- Spread each tortilla with **garlic aioli**. Fill with slaw and honey-soy prawns.
- Sprinkle over **crushed peanuts** and spring onions to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.

+ ADD DICED BACON

Cook with prawns, breaking up bacon with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

