

Seared Asian-Style Prawn & Cucumber Tacos

with Cherry Tomato Salad & Garlic-Mint Yoghurt

FAST & FANCY

Grab your meal kit with this number

22



Peeled Prawns



Sweet Soy Seasoning



Brown Mustard Seeds



Onion Chutney



Cucumber



Snacking Tomatoes



Mint



Long Chilli (Optional)



Garlic Sauce



Greek-Style Yoghurt



Mini Flour Tortillas



Deluxe Salad Mix

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

Eat Me Early

This fun, fresh and fast meal is nothing short of fancy. With mustard seed and sweet-soy spiced prawns, your average taco experience will now taste deliciously gourmet. With some superstar ingredients like deluxe salad, onion chutney and chilli, somebody will have to call the flavour department, because things are levelling up!

Pantry items

Olive Oil, White Wine Vinegar

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
peeled prawns	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
brown mustard seeds	½ sachet	1 sachet
onion chutney	1 packet	2 packets
cucumber	1	2
snacking tomatoes	1 packet	2 packets
mint	½ packet	1 packet
long chilli (optional)	½	1
garlic sauce	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
mini flour tortillas	6	12
deluxe salad mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576cal)	224kJ (53cal)
Protein (g)	26.6g	2.5g
Fat, total (g)	19.2g	1.8g
- saturated (g)	4.7g	0.4g
Carbohydrate (g)	69.3g	6.4g
- sugars (g)	21.5g	2g
Sodium (mg)	1838mg	170.3mg
Dietary Fibre (g)	11.2g	1g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the prawns

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Cook **peeled prawns** and **sweet soy seasoning**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**.
- In the **last minute** of cook time, add **brown mustard seeds** (**see ingredients**) and cook until fragrant.
- Remove from heat, then stir in **onion chutney**, until coated.

3



Heat the tortillas & toss the salad

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a second medium bowl, combine **snacking tomatoes**, **deluxe salad mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Get prepped

- Meanwhile, slice **cucumber** into thin sticks.
- Halve **snacking tomatoes**.
- Finely chop **mint** (**see ingredients**).
- Thinly slice **long chilli** (if using).
- In a medium bowl, combine **garlic sauce**, **Greek-style yoghurt** and **mint**. Season to taste with **salt** and **pepper**.

4



Serve up

- Spread each tortilla with garlic-mint yoghurt.
- Fill with cherry tomato salad, cucumber and seared Asian-style prawns.
- Sprinkle with **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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