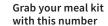


Seared Asian-Style Prawn & Cucumber Tacos with Cherry Tomato Salad & Garlic-Mint Yoghurt

FAST & FANCY









Sweet Soy Seasoning



Brown Mustard Seeds



Onion Chutney



Cucumber









(Optional)





Garlic Sauce

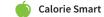


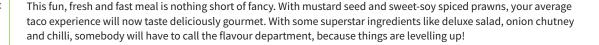


Mini Flour Tortillas



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







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)	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!

