

Crumbed Mexican Spiced Prawn Tacos

with Zesty Tomato, Creamy Slaw & Avocado

PUB BISTRO



Grab your Meal Kit
with this symbol



Tomato



Lime



Avocado



Mexican Fiesta
Spice Blend



Panko Breadcrumbs



Mini Flour
Tortillas



Prawns



Ranch Dressing



Slaw Mix



Smokey Aioli

Prep in: **25-35 mins**
Ready in: **30-40 mins**

 Eat Me First

Nothing screams summer like prawns do, so we thought that we'd pop them into tacos for you to devour. On your smoky aioli base, pile high your creamy slaw, avocado, zesty tomato and crumbed prawns. Make sure you get in quick to eat these - they won't last very long!

Pantry items

Olive Oil, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
lime	½	1
avocado	1	2
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	½ packet	1 packet
prawns	1 packet (200g)	2 packets (400g)
ranch dressing	1 packet	2 packets
slaw mix	1 small bag	1 large bag
mini flour tortillas	6	12
smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3222kJ (770Cal)	604kJ (144Cal)
Protein (g)	31.5g	5.9g
Fat, total (g)	41.7g	7.8g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	57.5g	10.8g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1947mg	365mg

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

- Roughly chop **tomato**. Zest **lime** and then slice into wedges.
- Slice **avocado** in half, then scoop out the flesh and thinly slice.



Make the slaw

- While the prawns are cooking, in a large bowl, combine **ranch dressing**, **slaw mix** and **lime zest**. Toss to combine.
- In a medium bowl, add **tomato** and a squeeze of **lime juice**. Toss to combine and season to taste.



Crumb the prawns

- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* In a shallow bowl, add **Mexican Fiesta spice blend**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs** (see ingredients).
- Toss the peeled **prawns** in the **spice blend**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Heat the tortillas

- Microwave **mini flour tortillas** on a plate for **10 second** bursts until warmed through.



Cook the prawns

- Heat a large frying pan, over medium-high heat, with enough **olive oil** to coat the base.
- Cook **prawns** until golden and cooked through, **2 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer **prawns** to a paper towel-lined plate and season with **salt**.



Serve up

- Bring everything to the table to serve. Spread **smokey aioli** over the tortillas and top with some of the creamy slaw, sliced avocado, zesty tomato and crumbed Mexican prawns. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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