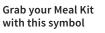


Crumbed Mexican Spiced Prawn Tacos

with Zesty Tomato, Creamy Slaw & Avocado

PUB BISTRO



















Tortillas

Panko Breadcrumbs





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 smokey 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	1/2	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.



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.



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.



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.



Heat the tortillas

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



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!



Rate your recipe