



# Quick Honey-Soy Prawn Tacos

with Sesame Slaw & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Pear



Prawns



Baby Spinach Leaves



Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Crushed Peanuts



Prawns

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

Calorie Smart

Eat Me First

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 peanut to serve and dig in!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Soy Sauce



## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
pear	1	2
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	2 tbs	¼ cup
prawns	1 packet (200g)	2 packets (400g)
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 large packet	2 large packets
mini flour tortillas	6	12
crushed peanuts	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2406kJ (575Cal)	630kJ (151Cal)
Protein (g)	25.9g	6.8g
Fat, total (g)	24.1g	6.3g
- saturated (g)	3.8g	1g
Carbohydrate (g)	56g	14.7g
- sugars (g)	19.6g	5.1g
Sodium (mg)	2098mg	549mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2714kJ (649Cal)	563kJ (135Cal)
Protein (g)	39.8g	8.3g
Fat, total (g)	24.6g	5.1g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	56g	11.6g
- sugars (g)	19.6g	4.1g
Sodium (mg)	2750mg	571mg

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

1



## Get prepped

- Thinly slice **pear**.
- In a medium bowl, combine the **honey** and the **soy sauce**.

3



## Toss the slaw

- While the prawns are cooking, in a large bowl, combine **pear**, **baby spinach leaves**, **shredded cabbage mix** and **sesame dressing**.
- Toss to coat and season.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

2



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the **last minute** of cook time, add the **honey-soy mixture**, tossing to coat.

**Custom Recipe:** If you've doubled your prawns, cook prawns in batches for the best results, returning all prawns to the pan before adding the honey-soy mixture.

4



## Serve up

- Fill each tortilla with sesame slaw and honey-soy prawns.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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