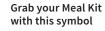


Quick Honey-Soy Prawn Tacos with Sesame Slaw & Crushed Peanuts

NEW













Baby Spinach





Sesame Dressing



Mini Flour

Tortillas



Crushed Peanuts





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

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!



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
honey*	1 tbs	2 tbs
soy sauce*	2 tbs	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

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



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.



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.



Serve up

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