



# Honey-Soy Prawn Tacos

with Asian-Style Salad & Crispy Shallots

Grab your Meal Kit with this symbol



Carrot



Pear



Garlic



Mixed Salad Leaves



Mini Flour Tortillas



Crispy Shallots



Prawns



Japanese Dressing



Mayonnaise



Prawns

Prep in: **15-25 mins**  
Ready in: **25-35 mins**

**Calorie Smart\***  
*\*Custom Recipe is not Calorie Smart*

Eat Me First

Nothing screams summer tacos, quite like adding prawns and pear to your tortillas. This super bright concoction packs colour, crunch and flavour (honey-soy to be precise). Sprinkle over some crispy shallots 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, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)



## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
pear	1	2
garlic	1 clove	2 cloves
prawns	1 packet (200g)	2 packets (400g)
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	2 tsp	1 tbs
Japanese dressing	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
crispy shallots	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)	2535kJ (606Cal)	629kJ (150Cal)
Protein (g)	22.6g	5.6g
Fat, total (g)	31.7g	7.9g
- saturated (g)	5.6g	1.4g
Carbohydrate (g)	56.1g	13.9g
- sugars (g)	17.1g	4.2g
Sodium (mg)	1490mg	370mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2802kJ (670Cal)	557kJ (133Cal)
Protein (g)	36.5g	7.3g
Fat, total (g)	32.2g	6.4g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	56.1g	11.2g
- sugars (g)	17.1g	3.4g
Sodium (mg)	2142mg	426mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Grate **carrot**.
- Thinly slice **pear**.
- Roughly chop **garlic**.



## Make the salad & heat the tortillas

- In a medium bowl, combine **Japanese dressing** and a drizzle of **olive oil**. Add **mixed salad leaves** and **carrot** and toss to coat. Season.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



## Cook the honey-soy 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, cook **garlic**, the **soy sauce**, the **honey** and the **vinegar**, until slightly thickened, **1-2 minutes**.
- Remove from heat and cover to keep warm.

**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 garlic and sauces.



## Serve up

- Spread each tortilla with some **mayonnaise**. Top with a helping of Asian-style salad, pear and honey-soy prawns.
- Sprinkle with **crispy shallots** to serve. Enjoy!

## Rate your recipe

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