



Tamarind-Glazed Prawn Tacos with Aioli Slaw & Yoghurt

FRESH & FAST

Box to plate: 15 mins

Eat me first

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2574kJ (615Cal) | Protein 27g | Fat, total 26.8g - saturated 4.3g | Carbohydrate 57.9g - sugars 19.4g | Sodium 1814mg
Calorie smart | The quantities provided above are averages only.

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2023 | WK03 | W



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Prawns	1 pkt (200g)	2 pkts (400g)
Slaw Mix	1 small bag	1 large bag
Garlic Aioli	1 medium pkt	1 large pkt
Greek-Style Yoghurt	1 medium pkt	1 large pkt

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.

1. Sizzle



Prawns



Mumbai Spice Blend



Tamarind Chutney

2. Toss



Cucumber



Baby Spinach Leaves



Slaw Mix



Garlic Aioli

3. Zap



Mini Flour Tortillas



Greek-Style Yoghurt

- In a bowl, combine **prawns**, **spice blend** and **olive oil**. Season
- Heat oil in a frying pan over medium-high heat
- Cook **prawns**, tossing, until golden, **3-4 mins**
- Remove from heat and add **tamarind chutney**, tossing, until combined, **30 seconds**

- Roughly chop **cucumber** and **spinach**
- In a bowl, combine **slaw mix**, **spinach**, **cucumber** and **garlic aioli**. Season

- Microwave **tortillas** on a plate in **10 second** bursts until warmed through
- Top tortillas with **slaw**, **prawns** and **yoghurt**



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