

Baja-Style Prawn Tacos

with Creamy Slaw, Cucumber & Coriander

Grab your Meal Kit with this symbol



Cucumber



Carrot



Tex-Mex Spice Blend



Peeled Prawns



Shredded Cabbage Mix



Mayonnaise



Mini Flour Tortillas



Coriander



Peeled Prawns

Prep in: **10-20 mins**
Ready in: **15-25 mins**



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



Eat Me First

With the perfect balance of cumin, paprika and oregano, our Tex-Mex spice blend is all you need to jazz up juicy prawns for these tasty tacos. Load them up with a carrot-adorned slaw, cucumber for crunch, and a sprinkle of coriander for some zing!

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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
olive oil*	refer to method	refer to method
cucumber	1	2
carrot	1	2
Tex-Mex spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
butter* (for the prawns)	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (603Cal)	648kJ (155Cal)
Protein (g)	22.8g	5.9g
Fat, total (g)	32.1g	8.2g
- saturated (g)	9.2g	2.4g
Carbohydrate (g)	53.1g	13.6g
- sugars (g)	13g	3.3g
Sodium (mg)	1666mg	428mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2782kJ (665Cal)	575kJ (137Cal)
Protein (g)	36.1g	7.5g
Fat, total (g)	33g	6.8g
- saturated (g)	9.7g	2g
Carbohydrate (g)	54g	11.2g
- sugars (g)	14g	2.9g
Sodium (mg)	2290mg	473mg

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.

1



Get prepped

- Slice **cucumber** into thin sticks.
- Grate **carrot**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **Tex-Mex spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **peeled prawns**, tossing to coat.

3



Make the slaw & heat the tortillas

- Meanwhile, combine grated **carrot**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.
- When prawns are ready, 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** and the **butter** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for best results.

4



Serve up

- Fill each tortilla with cucumber, creamy slaw and Baja-style prawns.
- Sprinkle with torn **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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