



Honey-Soy Prawn Tacos

with Pear Slaw & Crushed Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pear



Peeled Prawns



Sweet Soy Seasoning



Baby Spinach Leaves



Shredded Cabbage Mix



Mini Flour Tortillas



Garlic Aioli



Crushed Peanuts



Peeled Prawns

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

Calorie Smart[^]
^Custom recipe is not 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 sprinkle over some crunchy peanuts 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, Vinegar (White Wine or Rice Wine)

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
pear	1	2
peeled prawns	1 packet	2 packets
sweet soy seasoning	1 medium sachet	2 medium sachets
honey*	1 tbs	2 tbs
baby spinach leaves	1 small packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	694kJ (166Cal)
Protein (g)	25.4g	6.9g
Fat, total (g)	29.9g	8.1g
- saturated (g)	4.3g	1.2g
Carbohydrate (g)	57.7g	15.6g
- sugars (g)	19.7g	5.3g
Sodium (mg)	1868mg	505mg
Dietary Fibre (g)	10.8g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2829kJ (676Cal)	608kJ (145Cal)
Protein (g)	38.7g	8.3g
Fat, total (g)	30.8g	6.6g
- saturated (g)	4.8g	1g
Carbohydrate (g)	58.7g	12.6g
- sugars (g)	20.6g	4.4g
Sodium (mg)	2492mg	536mg
Dietary Fibre	11.7g	2.5g

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **pear**.



Toss the slaw

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

TIP: Massage wraps in the packet before microwaving to prevent tearing.



Cook the prawns

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

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



Serve up

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

Rate your recipe

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