

# Baja-Style Prawn Tacos

with Creamy Slaw, Corn & Coriander

Grab your Meal Kit with this symbol



Sweetcorn



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 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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
carrot	1	2
Tex-Mex spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
<b>butter*</b>	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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)	2528kJ (604Cal)	650kJ (155Cal)
Protein (g)	22.8g	5.9g
Fat, total (g)	32g	8.2g
- saturated (g)	10g	2.6g
Carbohydrate (g)	53.9g	13.8g
- sugars (g)	13.8g	3.5g
Sodium (mg)	1652mg	424mg
Dietary Fibre (g)	11.7g	2.7g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2788kJ (666Cal)	576kJ (138Cal)
Protein (g)	36.1g	7.5g
Fat, total (g)	32.9g	6.8g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	54.9g	11.3g
- sugars (g)	14.7g	3g
Sodium (mg)	2276mg	470mg
Dietary Fibre	12.6g	2.4g

The quantities provided above are averages only.

## Allergens

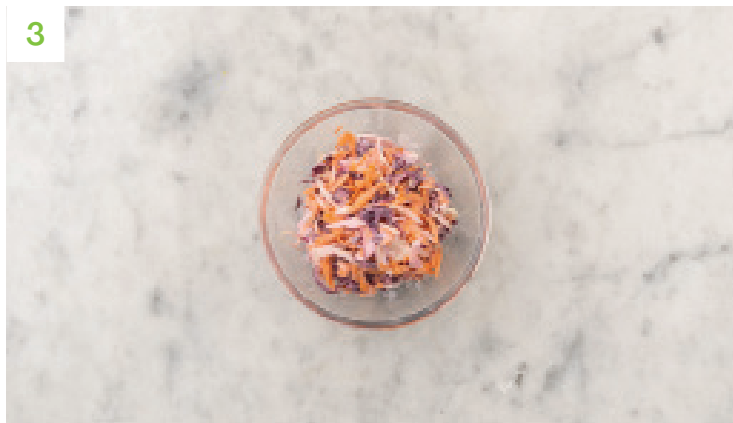
Always read product labels for the most up-to-date allergen information.

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.



## Get prepped

- Drain **sweetcorn**.
- 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.



## Make the slaw & heat the tortillas

- Meanwhile, in a second medium bowl, 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.



## Cook the prawns & corn

- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **corn**, tossing, until starting to brown, **1-2 minutes**.
- Add **prawns** and cook, 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.



## Serve up

- Top each tortilla with creamy slaw, prawns and corn.
- Sprinkle with torn **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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