

Tex-Mex Prawn Tacos

with Creamy Slaw & Coriander

Grab your Meal Kit
with this symbol



Cucumber



Carrot



Tex-Mex
Spice Blend



Prawns



Shredded Cabbage
Mix



Mayonnaise



Mini Flour
Tortillas



Coriander

 Hands-on: **10-20 mins**
Ready in: **15-25 mins**

 Eat Me First

 Calorie Smart

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 extra crunch, and a sprinkle of coriander for some zing!

Pantry items

Olive Oil, White Wine Vinegar

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
olive oil*	refer to method	refer to method
cucumber	1	2
carrot	1	2
Tex-Mex spice blend	1 sachet	2 sachets
prawns	1 packet (200g)	2 packets (400g)
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1923kJ (460Cal)	426kJ (102Cal)
Protein (g)	23.6g	5.2g
Fat, total (g)	19g	4.2g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	52.4g	11.6g
- sugars (g)	12.2g	2.7g
Sodium (mg)	1564mg	346mg

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 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 **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** in a medium bowl. 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** over a medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

4



Serve up

- Fill each tortilla with a helping of cucumber, creamy slaw and Tex-Mex prawns.
- Sprinkle with torn **coriander** to serve.

Enjoy!

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