

Prawn and Chorizo Tacos

with Refried Beans and Avo

EXTRA RAPID 10 Minutes • Little Heat • 2.5 of your 5 a day







Black Beans





Tomato Puree



Vegetable Stock Powder



Chipotle Paste



Prawns



Diced Chorizo



Mayonnaise



Baby Gem Lettuce



Avocado



Soft Shell Taco

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Colander, Potato Masher, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Beans*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Prawns 5)**	180g	280g	360g
Diced Chorizo 7) **	60g	90g	120g
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Baby Gem Lettuce**	1	2	2
Avocado**	1	2	2
Soft Shell Taco 13)	6	9	12

^{*}Not Included ** Store in the Fridge

Nutrition

Per serving	Per 100g			
506g	100g			
3613 /864	714/171			
43	8			
10	2			
72	14			
8	2			
41	8			
5.51	1.09			
	506g 3613/864 43 10 72 8 41			

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

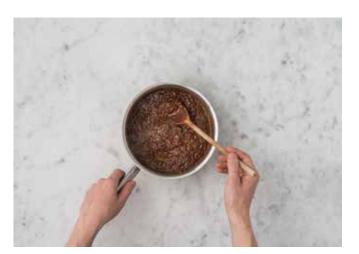
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Packed in the UK







1. Bean Time!

- a) Drain and rinse the black beans in a colander.
- **b)** Pop them in a saucepan and roughly mash with a masher.
- c) Add the tomato puree, water (see ingredients for amount), stock powder and half the chipotle paste. Season with salt and pepper.
- **d)** Pop the pan on medium heat, bring to the boil, reduce the heat to medium low and simmer the **beans** until thick, 4-5 mins.
- e) Once thick, remove from the heat.

2. Cook the Prawns

- a) Meanwhile, heat a drizzle of oil in a frying pan on medium high heat.
- **b)** Once hot, add the **prawns** and **chorizo** and fry until the **chorizo** is brown and the **prawns** cooked, 3-5 mins. *IMPORTANT:* The prawns are cooked when pink on the outside and opaque in the middle.
- c) Once cooked remove the pan from the heat. **TIP:** Don't worry if the prawns and chorizo are cooked before you've finished the prep they will wait off the heat for a couple of minutes.
- **d)** While everything cooks, put the **mayo** in a bowl with the remaining **chipotle** and the **water** (see ingredients for amount). Mix together with a fork until well combined.
- e) Remove the root from the baby gem, halve lengthways and thinly slice.

3. Finish and Serve

- a) Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop the **avocado** into 2cm chunks.
- **b)** To assemble, divide the **beans** between each **taco**, followed by the **baby gem**, **prawns**, **chorizo** and **avocado**.
- c) Drizzle over the chipotle mayo.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

