



Prawn and Chorizo Tacos

with Refried Beans and Avo

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

Nº 12



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
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3613 /864	714 /171
Fat (g)	43	8
Sat. Fat (g)	10	2
Carbohydrate (g)	72	14
Sugars (g)	8	2
Protein (g)	41	8
Salt (g)	5.51	1.09

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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HelloFresh UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Bean Time!

- Drain and rinse the **black beans** in a colander.
- Pop them in a saucepan and roughly mash with a masher.
- Add the **tomato puree**, **water** (see ingredients for amount), **stock powder** and **half** the **chipotle paste**. Season with **salt** and **pepper**.
- 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.
- Once thick, remove from the heat.

2. Cook the Prawns

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.
- 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.*
- 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.*
- 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.
- Remove the root from the **baby gem**, halve lengthways and thinly slice.

3. Finish and Serve

- 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.
- To assemble, divide the **beans** between each **taco**, followed by the **baby gem**, **prawns**, **chorizo** and **avocado**.
- 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.