



# Spiced King Prawn Tacos and Pineapple & Avocado Salsa with Zesty Soured Cream and Spiced Wedges

Street Food 45 Minutes • Little Spice • 1 of your 5 a day

34



Potatoes



Central American  
Style Spice Mix



Avocado



Baby Plum  
Tomatoes



Pineapple Rings



Lime



Garlic Clove



Coriander



Soured Cream



King Prawns



Cajun Blackening



Tortilla



## Before you start

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

## Cooking tools, you will need:

Grater, Small Bowl, Medium Bowl, Frying Pan, Baking Tray and Garlic Press.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Avocado**	1	1 ½	2
Baby Plum Tomatoes**	125g	190g	250g
Pineapple Rings**	1 tin	1 ½ tins	2 tins
Lime**	½	1	1
Garlic Clove**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Salsa*	½ tbsp	¾ tbsp	1 tbsp
Soured Cream** 7)	75g	120g	150g
King Prawns** 5)	225g	300g	450g
Cajun Blackening 9)	1 sachet	1 sachet	2 sachets
Tortilla 13)	4	6	8

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3199 / 765	468 / 112
Fat (g)	31	4
Sat. Fat (g)	11	2
Carbohydrate (g)	93	14
Sugars (g)	14	2
Protein (g)	31	4
Salt (g)	2.36	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 7) Milk 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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1



## Wedge Time

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **Central American style spice mix**. Toss to coat then spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

2



## Finish the Prep

Meanwhile, 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 the flesh out into a onto a board. Chop into small chunks. Quarter the **baby plum tomatoes**. Remove the **pineapple** from the tin (keep the tin and juice for later) and cut into small chunks. Zest and halve the **lime**. Peel and grate the **garlic** (or use a **garlic** press).

3



## Make the Salsa

Roughly chop the **coriander** (stalks and all). Pop the **olive oil** (see ingredients for amount) into a medium bowl. Add a squeeze of **lime juice** and season to taste with **salt** and **pepper**, adding more **lime juice** if needed. Add the **tomatoes**, **pineapple chunks** and **avocado** along with **half** the **coriander**. Mix together and set aside.

4



## Make the Zesty Cream

Pop the **soured cream** in a small bowl and add the **lime zest**. Season with **salt** and **pepper** and mix together.

5



## Fry the Prawns

When your **wedges** have 5 mins remaining, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **prawns** along with the **garlic** and **Cajun blackening**. Season with **salt** and **pepper** and cook for 2 mins. Then add ½ **tbsp pineapple juice** per person and stir-fry until the **prawns** are cooked through, 1-2 more mins. Once cooked, remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

6



## Finish and Serve

Pop your **tortillas** onto the middle shelf of your oven to warm through for the last 1-2 mins of **wedge** cooking time. Transfer your **tortillas** to plates and serve with a spoonful of **zesty soured cream**, spread over the bottom, followed by the **prawns** and **salsa**. Finish with the **wedges** alongside and the remaining **coriander** sprinkled over the top.

## 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.