



MEXICAN PRAWN TOSTADAS

with Lettuce & Carrot Salad and Balsamic Tomato



BALANCED RECIPE



HELLO KING PRAWNS

King Prawns are a good source of selenium. Selenium is a mineral which has several different roles in the body. This includes contributing to the normal thyroid function.



Whole Wheat Soft Tortilla



Baby Gem Lettuce



Carrot



Vine Tomatoes



King Prawns



Mexican Spice



Balsamic Vinegar

MEAL BAG

15 mins

2 of your 5 a day

Medium heat

Balanced

Under 550 calories

High Protein

Tostadas - which means 'toasted' in Spanish - are deliciously crispy tortillas that act as an edible plate that you can pile high with ingredients. In this recipe we've opted for the fresh and delicate flavour of prawns tossed in Mexican spice for a little kick. We recommend serving everything up in the middle of your table and getting everyone to build their own!

GET **PREPARED!**

Preheat the Oven to 200°C.

17

BEFORE YOU START

Preheat the Oven to **200°C**. **Wash** the veggies. Make sure you've got a **Large Baking Tray, Coarse Grater, Mixing Bowl** and **Frying Pan**. Let's start cooking the **Mexican Prawn Tostadas with Lettuce & Carrot Salad and Balsamic Tomato**



1 DO THE PREP

- Spread the **tortillas** out on a large baking tray and drizzle with a little **oil** and a sprinkle of **salt** and **pepper**. Set aside - we will bake them later.
- Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.
- Coarsely grate the **carrot** (no need to peel).
- Roughly chop the **vine tomato**.



4 FRY THE PRAWNS

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat and once hot, add the **prawns**.
- Fry until golden and cooked through, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



2 MAKE THE FILLING

- Put the **prawns** in a mixing bowl with the **Mexican spice** and a pinch of **salt** and **pepper**, toss to coat and set aside. **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.
- Pop the **tomato** in a large bowl along with the **balsamic vinegar** and a pinch of **salt** and **pepper**, mix to combine.
- Add the **lettuce** and **carrot** to another large bowl and mix to combine with a pinch of **salt** and **pepper**.



5 BUILD THE TOSTADAS

- Lay the **tostadas** out on a board.
- Pile up with **gem lettuce** and **carrot salad**, **balsamic tomatoes** and **prawns**.



3 BAKE THE TORTILLAS

- Bake the prepared **tortillas** on the top shelf of the oven until browned and crispy, 3-4 mins. Do this in batches if necessary. **TIP:** Keep an eye on them to avoid burning!



6 TIME TO EAT!

- Take the board to the table and crack on!

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|-------------------------------|-------------|-------------|-------------|
| Whole Wheat Soft Tortilla 13) | 4 | 6 | 8 |
| Baby Gem Lettuce * | 1 | 1½ | 2 |
| Carrot * | 1 | 2 | 2 |
| Vine Tomato * | 2 | 3 | 4 |
| King Prawns 5) * | 150g | 250g | 300g |
| Mexican Spice | 1 small pot | ¾ large pot | 1 large pot |
| Balsamic Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 354G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kJ/kcal) | 1464 / 350 | 413 / 99 |
| Fat (g) | 6 | 2 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 50 | 14 |
| Sugars (g) | 10 | 3 |
| Protein (g) | 21 | 6 |
| Salt (g) | 4.39 | 1.24 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 13) Gluten 14) Sulphites

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.

THUMBS UP OR THUMBS DOWN?

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