

# Crispy Prawns and Slaw Tacos with Feta

Cabbage has more vitamin C than oranges!

Cals 837 • Prot 41 • Carbs 88 • Fat 37

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🕒 cook: 30 min

R3040



## Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## Ingredients

Crispy prawns	2 ppl	3 ppl	4 ppl	
Jumbo prawns <b>7*</b>	300	450	600	Grams
Plain flour <b>10*, 11*</b>	20	30	50	Grams
Smoked paprika powder	2	2	4	Grams
Salt	1	1	1	Tsp
Organic Eggs <b>5*</b>	1	2	2	Pieces
Garlic powder	2	2	4	Grams
Panko bread crumbs <b>10*, 11*, 12*</b>	60	90	120	Grams
Vegetable oil	1	2	2	Tbsp
Flaky sea salt	2	2	2	Grams

### Slaw

Red cabbage	300	450	600	Grams
Lime	1	1	2	Pieces
Salt	0.5	0.5	1	Tsp
Mayonnaise <b>5*, 9*, 13*</b>	50	75	100	Grams

### Extras

Feta cheese <b>4*</b>	50	75	100	Grams
Large red chilli	1	1	2	Pieces
Spring onion	40	60	80	Grams
6" tortilla wraps <b>10*, 11*</b>	6	9	12	Piece

## Allergens

**\*7 Crustaceans, \*10 Wheat, \*11 Gluten, \*5 Eggs, \*12 Lupin, \*9 Soya, \*13 Mustard, \*4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

## Nutritional information

### Per Serving\*

Energy (kJ/kcal)	3506 / 837
Fat (g)	36.9
of which saturates (g)	10.1
Carbohydrate (g)	88
of which sugars (g)	9.4
Fiber (g)	5.9
Protein (g)	41.3
Salt (g)	5.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



## 1 Set up

Add the all-purpose **flour**, **smoked paprika** and **salt** to a shallow bowl, mix. Whisk the **eggs** and **garlic powder** in a second shallow bowl. Place the **panko bread crumbs** in a third bowl. Pat the **prawns** dry.



## 2 Bread prawns

Turn the **prawns** in the **flour** until coated, then dip the **prawns** in the beaten **egg** and finally coat them in the **panko bread crumbs**. Refrigerate until step 5.



## 3 Prep

Finely shred or grate the **cabbage**. Crumble the **feta**. Trim and finely slice the **chilli** and **spring onion**.



## 4 Assemble slaw

Place the **cabbage** in a large bowl. Squeeze all of the **lime** over it and season with **salt**. Mix well with the **mayonnaise**. Set aside.



## 5 Fry prawns

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the breaded **prawns** and cook for 2 min on either side or until golden and crispy. Drain on kitchen paper. Sprinkle with the **sea salt**.



## 6 Serve

Microwave the **tortilla wraps** for 30 sec or until warmed through. Load the warmed **tortilla wraps** with the **slaw** and **prawns**. Garnish with the **feta**, **spring onion** and **chilli (spicy!)**.