



Harissa Spiced Prawn Tacos

with roast baby potatoes

Family 25-30 mins • Eat me first • Spicy

5



Prawns



Tortilla



Onion



Tomato



Cucumber



Harissa Spice Mix



Creme Fraiche



Baby Potatoes

Pantry Items: Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Prawns	180 g	360 g
Tortilla	8 units	16 units
Onion	1 unit	2 units
Tomato	2 units	4 units
Cucumber	1 unit	2 units
Harissa Spice Mix	2 sachets	4 sachets
Creme Fraiche	65 g	110 g
Baby Potatoes	500 g	1000 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	735.5 g	100 g
Energy (kJ/kcal)	2967 kJ/ 709 kcal	403 kJ/ 96 kcal
Fat (g)	19.2 g	2.6 g
Sat. Fat (g)	10.3 g	1.4 g
Carbohydrate (g)	105.1 g	14.3 g
Sugars (g)	12.6 g	1.7 g
Protein (g)	32.4 g	4.4 g
Salt (g)	5.1 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

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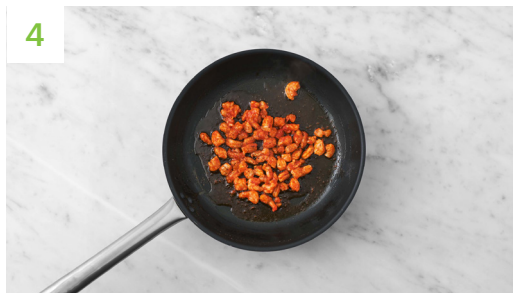


You can recycle me!



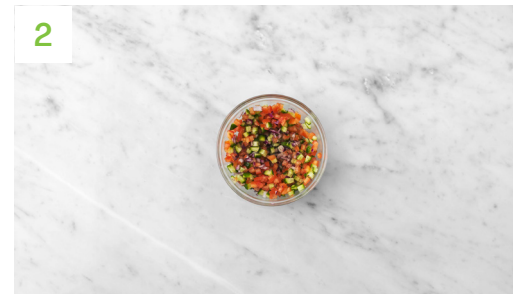
Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces. Pop onto a lined baking tray.
- Toss with **half** the **harissa spice, salt, pepper** and a drizzle of **oil**.
- Arrange the **potato** pieces cut-side down.
- Roast on the top shelf of the oven until fork tender, 25-35 mins.



Cook the Prawns

- When the **potatoes** have 5 mins left to cook, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**.
- Fry until cooked through, 4-5 mins. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



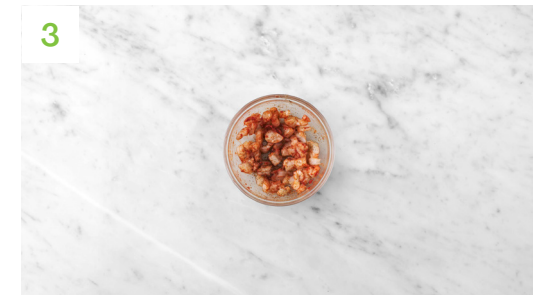
Make the Salsa

- Halve, peel and chop the **onion** into small pieces.
- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.
- Cut the **tomato** into 2cm chunks.
- Pop the veg into a bowl and mix to combine.
- Season to taste with **salt** and **pepper**.



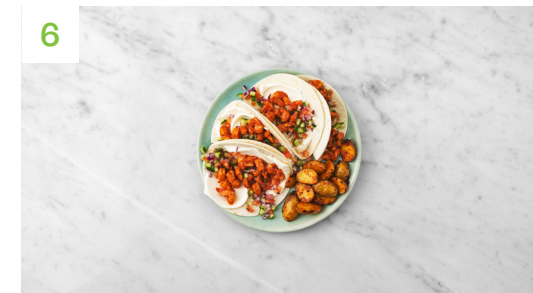
Warm the Tortillas

- Meanwhile, pop the **tortillas** into the oven to warm, 1-2 mins.
- Season the **creme fraiche** to taste with **salt** and **pepper**.



Coat the Prawns

- Roughly chop the **prawns**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Pop into a bowl along with the remaining **harissa spice, salt, pepper** and 1 tbsp **oil** (double for 4p).
- Leave aside to marinate.



Assemble and Serve

- Divide the **tomato** and **onion** salsa between the **tortillas**.
- Scatter the **harissa prawns** over the top.
- Drizzle over the cooling **creme fraiche**.
- Serve with spiced **baby potatoes** alongside.

Enjoy!