



# Crispy Panko Prawn Wraps

serves 2

Lunch 15 – 20 mins • Eat me first



Prawns



Tortilla



Aioli



Lime



Breadcrumbs



Cucumber



Tomato

Pantry Items: Salt, Pepper, Butter



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2024-W45

## 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Ingredients

	Quantity
Prawns	150 g
Tortilla	8 units
Prawns	150 g
Aioli	1 sachet
Lime	1 unit
Breadcrumbs	1 pack
Cucumber	1 unit
Tomato	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>400 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2671 kJ/ 638 kcal	668 kJ/ 160 kcal
Fat (g)	26.2 g	6.5 g
Sat. Fat (g)	6.7 g	1.7 g
Carbohydrate (g)	78.2 g	19.6 g
Sugars (g)	8 g	2 g
Protein (g)	25.5 g	6.4 g
Salt (g)	3.4 g	0.9 g

*Nutrition for uncooked ingredients.*

## 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.

## Contact

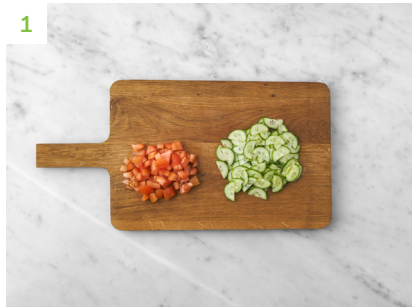
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## Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Quarter the **lime**. Cut the **tomato** into 1cm cubes.
- Trim the **cucumber** and halve lengthways. Thinly slice widthways.
- Pat the **prawns** dry with kitchen paper, transfer to a bowl and season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Toss with **one-third** of the **aioli** then coat with the **breadcrumbs**.

## Cook the Prawns

- Place a pan over medium-high heat with a knob of **butter**.
- Fry the **prawns** until cooked through, 4-5 mins. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.
- Pop the **tortillas** into the oven to warm, 1-2 mins.

**TIP:** Fry any unused breadcrumbs along with the prawns to use later as garnish.

## Finish and Serve

- Divide the **cucumber** and **tomato** between the **tortillas**.
- Place the **prawns** on top and drizzle over remaining **aioli**.
- Serve with the **lime** wedges alongside for squeezing over.

Enjoy!