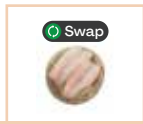




Mexican-Inspired Shrimp Tacos

with Crunchy Coleslaw and Garlic Crema

Family Friendly 20-30 Minutes



Tilapia Fillets
300 g | 600 g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Flour Tortillas
6 | 12



Green Cabbage, shredded
113 g | 226 g



Carrot, julienned
56 g | 113 g



Green Onion
1 | 2



Garlic, cloves
1 | 2



Sour Cream
3 tbsp | 6 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Enchilada Spice Blend
1 tbsp | 2 tbsp



Rice Vinegar
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, pepper, salt

Cooking utensils | Medium bowl, measuring spoons, strainer, large bowl, small bowl, whisk, large non-stick pan, paper towels

1



Prep

- Before starting, wash and dry all produce.
- **Garlic Guide for Step 5:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- Peel, then mince or grate **garlic**.
- Thinly slice **green onion**.

2



Make coleslaw

- Add **mayo**, **vinegar**, and **1 tsp** (2 tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cabbage**, **carrots** and **half the green onions**, then toss to combine.

3



Coat shrimp

🔄 Swap | **Tilapia Fillets**

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Add **shrimp**, **Enchilada Spice Blend** and **1 tsp** (2 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then toss to coat.

4



Cook shrimp

🔄 Swap | **Tilapia Fillets**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min per side.**
- Transfer to a plate and set aside.

5



Make garlic crema

- Add **sour cream**, ½ **tbsp** (1 **tbsp**) **water** and ½ **tsp** (1 **tsp**) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

6



Warm tortillas and serve

🔄 Swap | **Tilapia Fillets**

- Wrap **tortillas** in paper towels.
- Microwave until warm and flexible, 30 sec-1 min. (**TIP:** You can skip this step if you don't want to warm tortillas!)
- Divide **tortillas** between plates. Top with **some coleslaw**, then **shrimp**.
- Dollop **garlic crema** over top.
- Sprinkle with **remaining green onions**.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

3 | Coat tilapia

🔄 Swap | **Tilapia Fillets**

If you've opted to get **tilapia**, prepare them in the same way the recipe instructs you to prepare the **shrimp**.

4 | Cook tilapia

🔄 Swap | **Tilapia Fillets**

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tilapia**. Pan-fry, flipping halfway, until cooked through, 2-3 min per side.** Transfer to a plate and set aside.

6 | Warm tortillas and serve

🔄 Swap | **Tilapia Fillets**

Plate **tilapia** in the same way the recipe instructs you to plate the **shrimp**.

** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.