Prawn Tacos with Dragon Fruit Salsa

Serves: 6

Prep time: 30 minutes Cook time: 5 minutes



2 serves per portion

Ingredients

1 tablespoon smoked paprika

2 teaspoons cayenne pepper

1 teaspoon garlic powder

1 teaspoon ground coriander

1 teaspoon ground cumin

400g uncooked prawns, peeled

1 tablespoon extra virgin olive oil

12 small flour OR corn tortillas

½ cup natural yoghurt, reduced fat

½ red cabbage, finely shredded



Everyday Food

Dragon Fruit Salsa:

1 dragon fruit, peeled and diced

1 capsicum, finely diced

1 tomato, finely diced

1 red onion, finely diced

½ bunch fresh coriander, chopped

2 tablespoons pickled jalapenos, chopped (optional)

1 clove garlic, crushed

1 lime, juiced

Method

COMBINE salsa ingredients in a bowl and set aside.

COMBINE smoked paprika, cayenne pepper, garlic powder, ground coriander and ground cumin in a small bowl.

ADD prawns and lightly coat in spices.

HEAT oil in a frypan over medium heat. When hot, fry prawns for a couple of minutes each side, or until just opaque.

WARM tortillas in a frypan or oven until soft.

LOAD each tortilla with a teaspoon of yoghurt, cabbage and prawns, and top with dragon fruit salsa.

Recipe courtesy of the Country Kitchens 2023 Product of the Year Recipe Collection - Dragon Fruit







