



Traybake Prawn and Pepper Fajitas

with Greek Style Cheese, Rocket and Wedges

Prepped in 10

Preparation time : 35 min.



Potatoes



Bell Pepper



Red Onion



King Prawns



Mexican Style
Spice Mix



Plain Taco
Tortillas



Wild Rocket



Greek Style
Salad Cheese



Honey



Mayonnaise



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/traybake-prawn-and-pepper-fajitas-591>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Bell Pepper (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
King Prawns (grams)	160	240	320
Mexican Style Spice Mix (sachet(s))	1	1½	2
Plain Taco Tortillas (unit(s))	4	6	8
Wild Rocket (grams)	20	40	40
Greek Style Salad Cheese (grams)	50	75	100
Honey (tbsp)	1	1½	2
Mayonnaise (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2790 kj
Energy (kcal)	667 kcal
Fat	20.7 g
of which saturates	5.6 g
Carbohydrate	97.7 g
of which sugars	18.2 g
Dietary Fibre	11 g
Protein	25.2 g
Salt	2.97 g

Allergens

Milk, Wheat, Crustaceans, Cereals containing gluten

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm wide wedges (no need to peel).
Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Bake the Wedges

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Prep Time

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
Halve and peel the **red onion**, then cut each half into roughly 3cm wedges.



Into the Oven

Meanwhile, drain the **prawns**.
Put the **prawns**, **sliced pepper** and **onion** onto a baking tray. Drizzle with **oil** and sprinkle over the **Mexican style spice mix**. Season with **salt** and **pepper**, then toss to coat.
When the **wedges** are halfway through cooking, roast the **prawns** and **veg** on the top shelf until the **prawns** are cooked through and the **veg** is softened and slightly charred, 14-16 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Finishing Touches

When everything's almost ready, pop the **tortillas** into the oven to warm through, 1-2 mins.
When the **veg** and **prawns** are cooked, remove the tray from the oven and drizzle over the **honey** (see pantry for amount). Toss to coat.



Serve Up

When everything's ready, lay the **tortillas** onto your serving plates.
To make your **tacos**, spread the **mayo** over the **base** of each **tortilla** (see pantry for amount).
Top with a handful of **rocket**, followed by the **spiced prawns** and **roasted veg**. Crumble over the **Greek style salad cheese**.
Serve the **wedges** alongside to finish. **TIP:** Tacos are best enjoyed eaten by hand - tuck in the end of the tortillas and get stuck in!

Enjoy your meal!