

**OVERALL time: 15 mins**

# PRAWN WRAPS WITH SPICY GREEN VELVET SAUCE

Prawns combine with avocado, crème fraîche and our **Cape Herb & Spice Sriracha Spice** to make for a dreamy tiny tortilla bite. Serve a few with cocktails or bulk up and turn it into a full-on meal

Metric

**Number of servings : 4**

## ingredients

### For the green velvet sauce

- 2 Fat cloves garlic, finely sliced
- 1 Juice of lime
- 1 Zest of lime, finely grated
- 7 ml **Cape Herb and Spice Sriracha Chilli**
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 60 ml Crème fraîche (or double cream yoghurt)
- 90 ml Water
- 1.5 Ripe Avocados

### For the wraps

- 800 g Prawn Meat
- 2 Packets of cocktail- size wholewheat tortillas
- Butter lettuce

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 15 mins | COOKING TIME: 0 mins**

Place all the ingredients for the sauce in a food processor or blender and blitz until velvety smooth. Heat the tortillas, fold a butter lettuce leaf into each cocktail tortilla, top with a few prawns and spoon over a very generous dollop of green velvet sauce. Fold over and tuck in.

(More options for this recipe: #1: If preferred, leave out the tortillas and just use the butter lettuce as a wrap. #2: Use hard shell tacos instead of the tortillas - the crunch of the taco against the smoothness of the velvet sauce is a textural dream. 3#: Shred gem lettuce and layer it in glasses with the prawns and velvet sauce.)

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>  
Metric

## ingredients

### For the green velvet sauce

- 2 Fat cloves garlic, finely sliced
- 1 Juice of lime
- 1 Zest of lime, finely grated
- 7 ml **Cape Herb and Spice Sriracha Chilli**
- 2.5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 60 ml Crème fraîche (or double cream yoghurt)
- 90 ml Water
- 1.5 Ripe Avocados

### For the wraps

- 800 g Prawn Meat
- 2 Packets of cocktail- size wholewheat tortillas
- Butter lettuce

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 15 mins | COOKING TIME: 0 mins**

Place all the ingredients for the sauce in a food processor or blender and blitz until velvety smooth. Heat the tortillas, fold a butter lettuce leaf into each cocktail tortilla, top with a few prawns and spoon over a very generous dollop of green velvet sauce. Fold over and tuck in.

(More options for this recipe: #1: If preferred, leave out the tortillas and just use the butter lettuce as a wrap. #2: Use hard shell tacos instead of the tortillas - the crunch of the taco against the smoothness of the velvet sauce is a textural dream. 3#: Shred gem lettuce and layer it in glasses with the prawns and velvet sauce.)

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes

on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>