

# Quick Chermoula Yoghurt Chicken Tacos

with Pickled Cucumber & Dill-Parsley Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Cucumber



Garlic



Carrot



Chicken Breast



Chermoula Spice Blend



Greek-Style Yoghurt



Mini Flour Tortillas



Dill & Parsley Mayonnaise




Mixed Salad Leaves



Beef Strips

Prep in: 15-25 mins  
Ready in: 20-30 mins

 Eat Me Early

Few things look as colourful as these tacos — with the much loved spiced chicken inside no less! The real star of this dish is the dill and parsley-flecked mayo. There's a herby hint amidst the expected creaminess of mayonnaise that works perfectly with each element in tonight's tacos and also means you're in for a burst of flavour.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
chermoula spice blend	1 sachet	1 sachet
<b>salt*</b>	¼ tsp	½ tsp
Greek-style yoghurt	½ medium packet	1 medium packet
mini flour tortillas	6	12
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
mixed salad leaves	1 medium bag	1 large bag
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	534kJ (128Cal)
Protein (g)	44.3g	8.5g
Fat, total (g)	31.9g	6.2g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	48.4g	9.3g
- sugars (g)	8.3g	1.6g
Sodium (mg)	1404mg	271mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	584kJ (140Cal)
Protein (g)	40g	8.3g
Fat, total (g)	35g	7.2g
- saturated (g)	9.6g	2g
Carbohydrate (g)	47.6g	9.8g
- sugars (g)	8.2g	1.7g
Sodium (mg)	1355mg	280mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Thinly slice **cucumber**. In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid** with just enough **water** to cover the cucumber. Set aside.
- Finely chop **garlic**. Grate the **carrot**. Cut **chicken breast** into 1cm strips.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!

**Custom Recipe:** If you've swapped chicken breast for beef strips, discard any liquid from beef strips packaging.

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes**.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

**Little cooks:** Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!

**Custom Recipe:** Heat the pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue as above.

2



## Prep the chicken

- In a large bowl, combine **garlic**, **chermoula spice blend**, the **salt** and **Greek-style yoghurt** (see ingredients).
- Add **chicken** and toss to coat. Season to taste.

**Custom Recipe:** Flavour beef in yoghurt mixture as above.

4



## Serve up

- Drain pickled cucumber.
- Spread tortillas with **dill & parsley mayonnaise**, then top with some **mixed salad leaves**, carrot and chermoula yoghurt chicken.
- Top with pickled cucumber to serve. Enjoy!

**Little cooks:** Take the lead and help build the tacos!

## Rate your recipe

Did we make your tastebuds happy?

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