



Caribbean Chicken & Pineapple Tacos

with Slaw & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Pineapple Slices



Diced Chicken



Mild Caribbean Jerk Seasoning



Shredded Cabbage Mix



Baby Spinach Leaves



Mayonnaise



Mini Flour Tortillas



Crushed Peanuts



Beef Strips

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

Eat Me Early

A summer time fave, is being whipped up tonight. Chicken tacos that are glazed and topped with juicy and sweet pineapple. Go crazy and add a sprinkling of peanuts to enjoy these warmer nights.

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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
olive oil*	refer to method	refer to method
pineapple slices	½ tin	1 tin
diced chicken	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
butter*	20g	40g
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
crushed peanuts	1 packet	2 packets
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)	3277kJ (783Cal)	745kJ (178Cal)
Protein (g)	47.1g	10.7g
Fat, total (g)	40.9g	9.3g
- saturated (g)	13.7g	3.1g
Carbohydrate (g)	51.2g	11.6g
- sugars (g)	14.4g	3.3g
Sodium (mg)	1404mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3416kJ (816Cal)	824kJ (197Cal)
Protein (g)	42.4g	10.2g
Fat, total (g)	46.9g	11.3g
- saturated (g)	16.3g	3.9g
Carbohydrate (g)	51.2g	12.3g
- sugars (g)	14.4g	3.5g
Sodium (mg)	1393mg	336mg

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 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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1



Char the pineapple

- Reserve **pineapple juice**, then drain **pineapple slices** (see ingredients).
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Roughly chop and set aside.

3



Bring it all together

- In a large bowl, combine **shredded cabbage mix**, **baby spinach leaves**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

2



Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Reduce heat to medium, then add **mild Caribbean jerk seasoning**, tossing **chicken** to coat. Add reserved **pineapple juice** (2 tbs for 2 people / ¼ cup for 4 people) and the **butter** and cook until chicken is sticky, **1-2 minutes**.

Custom Recipe: If you've upgraded to beef strips, discard any liquid from beef strips packaging. Heat the pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan, then continue with step.

4



Serve up

- Top tortillas with slaw, Caribbean chicken and pineapple.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

Rate your recipe

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