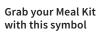


with Slaw & Peanuts

KID FRIENDLY











Pineapple Slices

Diced Chicken





Mild Caribbean Jerk Seasoning





**Baby Spinach** Leaves

Mayonnaise



Mini Flour Tortillas

**Crushed Peanuts** 

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



Eat Me Early

### 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

<sup>\*</sup>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)	<b>3416kJ</b> (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.



### 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.



## 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.



#### 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.



# 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!

