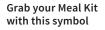


# Crumbed Plant-Based Chick'n & Slaw Tacos

with Avocado Salsa & Chipotle Mayo

ALTERNATIVE PROTEIN

**CLIMATE SUPERSTAR** 











Mild Chipotle



Sauce



Shredded Cabbage



Plant-Based

Crumbed Chicken



Mini Flour Tortillas





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

**Plant Based** 

May we introduce your new vegetarian friendly favourite, the plant-based chick'n taco. Golden and glowing, the chipotle mayo combo really brings out the best in this dish and goes nicely with slaw, all put together in a warm taco. Delish!

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

**Pantry items** Olive Oil, 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

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		2 People	4 People
	olive oil*	refer to method	refer to method
	avocado	1	2
	tomato	1	2
	mild chipotle sauce	1 medium packet	1 large packet
	plant-based mayo	1 medium packet	1 large packet
	shredded cabbage mix	1 bag (150g)	1 bag (300g)
	white wine vinegar*	drizzle	drizzle
	plant-based crumbed chicken tenders	1 packet	2 packets
	mini flour tortillas	6	12
	plant-based crumbed chicken tenders**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4262kJ (1019Cal)	885kJ (212Cal)
Protein (g)	33.3g	6.9g
Fat, total (g)	66.4g	13.8g
- saturated (g)	12.8g	2.7g
Carbohydrate (g)	66.1g	13.7g
- sugars (g)	8g	1.7g
Sodium (mg)	1504mg	312mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6257kJ (1495Cal)	991kJ (237Cal)
Protein (g)	55.8g	8.8g
Fat, total (g)	98.2g	15.6g
- saturated (g)	16.8g	2.7g
Carbohydrate (g)	91g	14.4g
- sugars (g)	9.5g	1.5g
Sodium (mg)	2358mg	373mg

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.





# Get prepped

- · Slice avocado in half, scoop out flesh and finely chop. Finely chop tomato.
- In a medium bowl, combine avocado, tomato, a drizzle of olive oil and a pinch of salt and pepper. Set aside.
- In a small bowl, combine mild chipotle sauce and plant-based mayo.
   Set aside.



#### Toss the slaw

 In a second medium bowl, combine shredded cabbage mix and a drizzle of white wine vinegar and olive oil. Season and set aside.



# Cook the plant-based chick'n

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate. Roughly chop the **tenders**.

**Custom Recipe:** If you've doubled your plant-based crumbed chicken, cook in batches for the best results.



# Serve up

- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts until warmed through.
- Bring everything to the table to serve.
- Fill the tortillas with some slaw, avocado salsa and crumbed chick'n, then drizzle over chipotle mayo. Enjoy!

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate

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