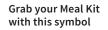


Caribbean Chicken & Pineapple Tacos

with Creamy Slaw & Peanuts

KID FRIENDLY

CLIMATE SUPERSTAR









Pineapple Slices



Jerk Seasoning

Mild Caribbean

Shredded Cabbage







Baby Leaves

Mayonnaise



Mini Flour



Tortillas

Crushed Peanuts





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

A dinner 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 amazing tacos.



Pantry items

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pineapple slices	½ tin	1 tin	
chicken thigh	1 medium packet	2 medium packet OR 1 large packet	
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet	
butter*	20g	40g	
shredded cabbage mix	1 medium packet	1 large packet	
baby leaves	1 small packet	1 medium packet	
mayonnaise	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
mini flour tortillas	6	12	
crushed peanuts	1 medium packet	2 medium packets	
beef strips**	1 medium packet	2 medium packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3451kJ (825Cal)	767kJ (183Cal)
Protein (g)	42.2g	9.4g
Fat, total (g)	51.2g	11.4g
- saturated (g)	16.9g	3.8g
Carbohydrate (g)	52.2g	11.6g
- sugars (g)	14.6g	3.2g
Sodium (mg)	1460mg	324mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3416kJ (816Cal)	823kJ (197Cal)
Protein (g)	42.3g	10.2g
Fat, total (g)	46.8g	11.3g
- saturated (g)	16.3g	3.9g
Carbohydrate (g)	51.4g	12.4g
- sugars (g)	14.5g	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.



Scan here if you have any questions or concerns

2024 | CW16





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 leaves, mayonnaise and a drizzle of white wine vinegar and olive oil. Season to taste.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Cook the chicken

- Cut chicken thigh into 2cm chunks. Return the frying pan to high heat with a
 drizzle of olive oil. When oil is hot, cook 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.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've upgraded to beef strips, discard any liquid from packaging. Heat 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 recipe as above.



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!

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