



# Caribbean Chicken & Pineapple Tacos

with Creamy Slaw & Peanuts

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pineapple Slices



Chicken Thigh



Mild Caribbean Jerk Seasoning



Shredded Cabbage Mix



Baby Leaves



Mayonnaise



Mini Flour Tortillas



Crushed Peanuts



Beef Strips

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

Eat Me Early

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.

**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
<b>olive oil*</b>	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
<b>butter*</b>	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
<b>white wine vinegar*</b>	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](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



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 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.

2



## 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.

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

Did we make your tastebuds happy?

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