



Plant-Based Chick'n & Slaw Tacos

with Sriracha Mayo & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Sriracha



Plant-Based Mayo



Plant-Based Crumbed Chicken Tenders



Super Slaw



Mini Flour Tortillas



Coriander



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins
Ready in: 20-30 mins

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

Plant Based

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

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
carrot	1	2
spring onion	1 stem	2 stems
sriracha	1 packet (20g)	1 packet (40g)
plant-based mayo	1 medium packet	1 large packet
plant-based crumbed chicken tenders	1 packet	2 packets
super slaw	1 medium bag	1 large bag
soy sauce*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 bag	1 bag
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3515kJ (840Cal)	822kJ (196Cal)
Protein (g)	31.9g	7.5g
Fat, total (g)	46.2g	10.8g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	70.5g	16.5g
- sugars (g)	9.9g	2.3g
Sodium (mg)	1661mg	389mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5510kJ (1317Cal)	954kJ (228Cal)
Protein (g)	54.4g	9.4g
Fat, total (g)	78g	13.5g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	95.4g	16.5g
- sugars (g)	11.4g	2g
Sodium (mg)	2515mg	435mg

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



Get prepped

- Grate the **carrot**. Thinly slice **spring onion**.
- In a small bowl, combine **sriracha** and **plant-based mayo**.

3



Make the slaw

- Meanwhile, combine **super slaw**, **carrot**, **spring onion**, the **soy sauce** and a drizzle of **vinegar** and **olive oil** in a medium bowl. Season to taste.
- Microwave **mini flour tortillas** in **10 second** bursts, until warmed through.

2



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.

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

4



Serve up

- Slice the chicken.
- Bring everything to the table to serve. Fill tortillas with slaw and plant-based crumbed chick'n.
- Drizzle over sriracha mayo. Tear over **coriander** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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