



# Quick Tex-Mex Chicken Tacos

with Garlic Aioli & Coleslaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Breast



Tex-Mex Spice Blend



Lime



Mini Flour Tortillas



Garlic Aioli



Slaw Mix



Baby Leaves



Spring Onion



Chicken Breast

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



Calorie Smart\*  
\*Custom Recipe is not Calorie Smart



Eat Me Early

Few things look as colourful as these tacos — with Mexican chicken inside no less! The real star of this dish is the creamy coleslaw. There's crunch and a zesty hint amidst the expected tang of garlic aioli we all know and love, and all of that means you're in for a burst of flavour.

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

### Pantry items

Olive Oil

## 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
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
lime	½	1
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
<b>water*</b>	drizzle	drizzle
slaw mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
spring onion	1 stem	2 stems
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	624kJ (149Cal)
Protein (g)	48.2g	11.6g
Fat, total (g)	27.7g	6.7g
- saturated (g)	6.4g	1.5g
Carbohydrate (g)	44.7g	10.8g
- sugars (g)	8g	1.9g
Sodium (mg)	1259mg	304mg
Dietary Fibre (g)	8.7g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3353kJ (801Cal)	567kJ (136Cal)
Protein (g)	87.1g	14.7g
Fat, total (g)	31g	5.2g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	45.7g	7.7g
- sugars (g)	8.1g	1.4g
Sodium (mg)	1394mg	236mg
Dietary fibre	8.7g	1.5g

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

2024 | CW19



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## Flavour the chicken

- Slice **chicken breast** into 2cm strips.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. In a medium bowl, combine **Tex-Mex spice blend** and a good drizzle of **olive oil**. Add **chicken strips** and toss to coat. Set aside.
- Slice **lime** into wedges.

**Custom Recipe:** If you've doubled your chicken breast, flavour in a large bowl and cook in batches for best results.

3



## Prep the slaw

- While the chicken is cooking, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.
- In a second medium bowl, combine half the **garlic aioli** and a drizzle of **water**. Add the **slaw mix**, **baby leaves**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, turning, until cooked through, **5-6 minutes**.

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

4



## Serve up

- Thinly slice **spring onion**.
- Spread remaining garlic aioli on each tortilla. Top each tortilla with slaw and Tex-Mex chicken strips. Garnish with spring onion.
- Serve with any remaining slaw and lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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