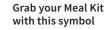


Quick Tex-Mex Chicken Tacos with Garlic Aioli & Coleslaw

KID FRIENDLY

CLIMATE SUPERSTAR









Spice Blend



Lime

Mini Flour Tortillas



Garlic Aioli





Baby Leaves

Spring Onion





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

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.

Olive Oil

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

	2 People	4 People
olive oil*	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	1/2	1
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
water*	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!



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