



# Plant-Based Crumbed Chick'n Tacos

with Cos Salad & Pickled Onion

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Onion



Cos Lettuce



Apple



Carrot



Plant-Based Crumbed Chicken Tenders



Mini Flour Tortillas



Plant-Based Mayo



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins  
Ready in: 25-35 mins

Plant Based

May we introduce your new veggie-friendly favourite, plant-based chicken tacos! Add a crunchy cos salad, zingy quick-pickled onions and a drizzle of plant-based mayo for the ultimate addition to taco night. Delish!

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

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
onion	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
cos lettuce	½ head	1 head
apple	1	2
carrot	1	2
plant-based crumbed chicken tenders	1 packet	2 packets
mini flour tortillas	6	12
plant-based mayo	1 medium packet	1 large packet
plant-based crumbed chicken tenders**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3812kJ (911Cal)	770kJ (184Cal)
Protein (g)	31.3g	6.3g
Fat, total (g)	51.5g	10.4g
- saturated (g)	9g	1.8g
Carbohydrate (g)	78.1g	15.8g
- sugars (g)	15.5g	3.1g
Sodium (mg)	1482mg	299mg
Dietary Fibre (g)	13.5g	2.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5807kJ (1388Cal)	900kJ (215Cal)
Protein (g)	53.8g	8.3g
Fat, total (g)	83.3g	12.9g
- saturated (g)	13.1g	2g
Carbohydrate (g)	103g	16g
- sugars (g)	17g	2.6g
Sodium (mg)	2336mg	362mg
Dietary fibre	15.4g	2.4g

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 | CW24

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## Pickle the onion

- Thinly slice **onion** (see ingredients). In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover the onion. Set aside.

3



## Cook the plant-based chicken tenders

- 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.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

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

2



## Get prepped

- Meanwhile, finely shred **cos lettuce** (see ingredients). Thinly slice **apple** into sticks. Using a vegetable peeler, slice **carrot** into ribbons.

4



## Serve up

- Drain pickled onion, reserving some pickling liquid. Slice plant-based crumbed chicken tenders.
- In a large bowl, combine cos lettuce, carrot, apple, reserved pickling liquid and a drizzle of olive oil. Season to taste.
- Bring everything to the table. Build your own tacos by topping with **plant-based mayo**, cos salad, plant-based crumbed chick'n tenders and pickled onion. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)