

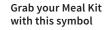
Plant-Based Crumbed Chick'n Tacos

with Cos Salad & Pickled Onion

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR















Carrot



Plant-Based Crumbed Chicken Tenders



Mini Flour Tortillas



Plant-Based Mayo





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

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!



Plant Based

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
olive oil*	refer to method	refer to method
onion	1/2	1
vinegar*		
(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 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





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.



Get prepped

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



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.



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!

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