



Sichuan Glazed Fried Chicken & Slaw Tacos

with Mayonnaise

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Baby Leaves



Chicken Breast



Cornflour



Sichuan Garlic Paste



Shredded Cabbage Mix



Mayonnaise



Mini Flour Tortillas



Chicken Breast

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

Eat Me Early

Taco night has been transformed! Crispy bites of chicken have been coated in a sticky Sichuan paste for bags of flavour, before being nestled inside warm tortillas with a creamy and tangy slaw. It's another taco-tastic dinner!

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

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Plain Flour, 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
baby leaves	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soy sauce*	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
cornflour	1 medium packet	2 medium packets
plain flour*	2 tbs	4 tbs
Sichuan garlic paste	1 medium packet	2 medium packets
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
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)	3393kJ (811Cal)	780kJ (186Cal)
Protein (g)	45.4g	10.4g
Fat, total (g)	36.9g	8.5g
- saturated (g)	8.2g	1.9g
Carbohydrate (g)	69.7g	16g
- sugars (g)	18.2g	4.2g
Sodium (mg)	1412mg	325mg
Dietary Fibre (g)	7.5g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4050kJ (968Cal)	693kJ (166Cal)
Protein (g)	78.8g	13.5g
Fat, total (g)	39.3g	6.7g
- saturated (g)	9g	1.5g
Carbohydrate (g)	70.5g	12.1g
- sugars (g)	18.9g	3.2g
Sodium (mg)	1474mg	252mg
Dietary fibre	7.5g	1.3g

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

2024 | CW24



Get prepped

- Roughly chop **baby leaves**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken**, the **soy sauce** and **sesame oil**. Set aside.



Bring it all together

- Meanwhile, in a large bowl, combine **baby leaves**, **shredded cabbage mix**, **mayonnaise**, a drizzle of **vinegar** and **olive oil**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Meanwhile, to the bowl with the **chicken**, add **cornflour** and the **plain flour** and toss to combine.
- When oil is hot, dust off any excess **flour** from **chicken**, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Drain excess oil from pan and add **Sichuan garlic paste**, tossing, until coated.

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

Custom Recipe: Cook chicken in batches for best results. Continue with recipe as above.



Serve up

- Bring everything to the table.
- Build your own tacos by topping with slaw and Sichuan glazed fried chicken. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate