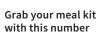


Plant-Based Chick'n & Slaw Tacos

with Sriracha Mayo & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Sriracha







Crumbed Chicken Tenders



Shredded Cabbage





Mini Flour Tortillas

Coriander







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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
sriracha	1 medium packet	1 large packet
plant-based mayo	1 medium packet	1 large packet
plant-based crumbed chicken tenders	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 packet	1 packet
* D		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3539kJ (846Cal)	820kJ (196Cal)
Protein (g)	31.9g	7.4g
Fat, total (g)	46.7g	10.8g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	70.8g	16.4g
- sugars (g)	10.1g	2.3g
Sodium (mg)	1670mg	387mg
Dietary Fibre (g)	11.4g	2.6g

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.



Get prepped

- Grate carrot. Thinly slice spring onion.
- In a small bowl, combine sriracha and plant-based mayo.



Cook the plant-based chick'n

- 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.



Make the slaw

CUSTOM

OPTIONS

- Meanwhile, combine shredded cabbage mix, carrot, spring onion, the soy sauce and a drizzle of vinegar and olive oil in a medium bowl. Season to taste.
- Microwave mini flour tortillas in 10 second bursts, until warmed through.



Serve up

- Slice plant-based chick'n.
- Bring everything to the table to serve. Fill tortillas with slaw and plant-based crumbed chick'n.
- Drizzle over sriracha mayo. Tear over **coriander** to serve. Enjoy!



