



# Tex-Mex Chicken Tacos

with Garlic Aioli & Zesty Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Chicken Breast



Tex-Mex Spice Blend



Lime



Spring Onion



Mini Flour Tortillas



Garlic Aioli



Slaw Mix



Baby Leaves



Chicken Breast



Beef Rump

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

Calorie Smart

Eat Me Early

Few things look as colourful as these tacos — with Tex-Mex 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.

### Pantry items

Olive Oil

## 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

	2 People	4 People
<b>olive oil*</b>	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	½	1
spring onion	1 stem	2 stems
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
<b>water*</b>	drizzle	drizzle
slaw mix	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet

\*Pantry Items

## 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

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.

1



## Flavour the chicken

- Cut **chicken breast** into 2cm chunks.
- **SPICY!** This is a mild spice blend, but 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.

3



## Prep the slaw

- While the chicken is cooking, slice **lime** into wedges and thinly slice **spring onion**.
- 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 **slaw mix**, **baby leaves**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.

2



## 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.

4



## Serve up

- 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!

**Little cooks:** Kids can help build the tacos!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

