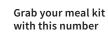


Tex-Mex Chicken Tacos

with Garlic Aioli & Zesty Slaw

KID FRIENDLY

CLIMATE SUPERSTAR







Chicken Breast



Spice Blend



Lime



Spring Onion



Mini Flour



Garlic Aioli

Tortillas



Slaw Mix



Baby Leaves



Chicken Breast



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

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.





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
refer to method	refer to method
1 medium packet	2 medium packets OR 1 large packet
1 medium sachet	1 large sachet
1/2	1
1 stem	2 stems
6	12
1 medium packet	1 large packet
drizzle	drizzle
1 medium packet	1 large packet
1 medium packet	1 large packet
	refer to method 1 medium packet 1 medium sachet ½ 1 stem 6 1 medium packet drizzle 1 medium 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!*



