



Plant-Based Chick'n & Soy Slaw Tacos

with Sriracha Mayo & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Carrot



Spring Onion



Sriracha



Plant-Based Mayo



Plant-Based Crumbed Chicken Tenders



Shredded Cabbage Mix



Mini Flour Tortillas



Coriander



Plant-Based Crumbed Chicken Tenders



Beef Strips

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

Plant Based

May we introduce your new vegetarian-friendly favourite, the plant-based chick'n taco. Golden and glowing, the sriracha mayo combo really brings out the best in this dish and goes nicely with slaw, all put together in a warm taco. Delish!

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3539kJ (846cal)	403kJ (96cal)
Protein (g)	31.9g	3.6g
Fat, total (g)	46.7g	5.3g
- saturated (g)	8.3g	0.9g
Carbohydrate (g)	70.8g	8.1g
- sugars (g)	10.1g	1.2g
Sodium (mg)	1670mg	190.3mg
Dietary Fibre (g)	11.4g	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.



Get prepped

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



Make the slaw

- 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.



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.



Serve up

- Slice plant-based chicken.
- 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS

+ **DOUBLE PLANT-BASED CRUMBED CHICKEN TENDERS**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO BEEF STRIPS**
Cook, tossing, until browned and cooked through, 1-2 minutes.

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

