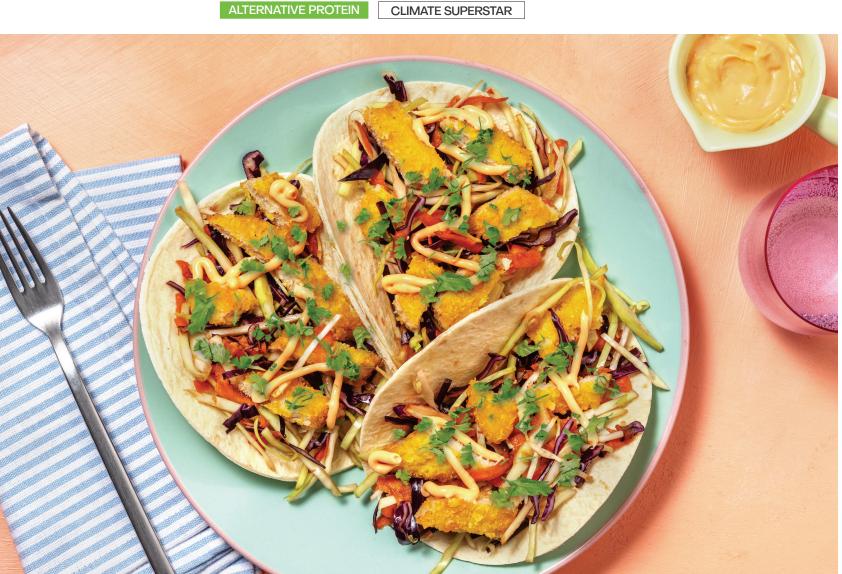


# Plant-Based Chick'n & Soy Slaw Tacos

with Sriracha Mayo & Spring Onion



Grab your meal kit with this number











Sriracha



Plant-Based





Crumbed Chicken Tenders





Coriander

Mini Flour Tortillas



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



#### **Pantry items**

### 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
* D		

<sup>\*</sup>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**.



# 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

- 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 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!



