



# Quick All-American Chicken & Slaw Tacos

with Smashed Avocado & Smokey Aioli

NEW

Grab your meal kit with this number

11



Baby Leaves



Avocado



Chicken Breast



All-American Spice Blend



Shredded Cabbage Mix



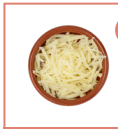
Mini Flour Tortillas



Smokey Aioli



Coriander



Shredded Cheddar Cheese



Chicken Breast

Prep in: 15-25 mins  
Ready in: 20-30 mins



Protein Rich



Eat Me Early

Time for another tantalizing taco-tastic meal! This version isn't the most authentic, but it's definitely delicious, with All American-spiced chicken, fresh slaw and smokey aioli wrapped in a warm tortilla. Give this handheld delight a try!

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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
baby leaves	1 small packet	1 medium packet
avocado	1 (small)	1 (large)
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12
smokey aioli	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2974kJ (711cal)	324kJ (77cal)
Protein (g)	49.6g	5.4g
Fat, total (g)	34.6g	3.8g
- saturated (g)	7.6g	0.8g
Carbohydrate (g)	46.4g	5g
- sugars (g)	10.7g	1.2g
Sodium (mg)	1384mg	150.6mg
Dietary Fibre (g)	10.2g	1.1g

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.



## Get prepped

- Roughly chop **baby leaves**.
- Slice **avocado** in half and scoop out flesh.
- In a medium bowl, mash **avocado** until smooth. Season to taste with **salt** and **pepper**.
- Cut **chicken breast** into 2cm chunks.
- In a large bowl combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.



## Toss the slaw

- Meanwhile, in a second medium bowl, combine **shredded cabbage mix**, **baby leaves** and a drizzle of the **vinegar** and **olive oil**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Cook the chicken

- In large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add the **honey** and toss to coat.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Serve up

- Bring everything to the table to serve.
- Top tortillas with some smashed avocado, slaw, All-American chicken and **smokey aioli**.
- Tear over **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



### CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over before serving.

**+** **DOUBLE CHICKEN BREAST**  
Follow method above, cooking in batches if necessary.

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

