

# Sichuan-Glazed Popcorn Chicken Tacos

with Creamy Slaw

Grab your meal kit  
with this number

36



Baby Leaves



Diced Chicken



Cornflour



Sichuan Garlic  
Paste



Shredded Cabbage  
Mix



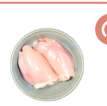
Mayonnaise



Mini Flour  
Tortillas




Diced  
Chicken



Chicken  
Thigh

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

 Eat Me Early

Taco night has been transformed! Crispy bites of chicken have been coated in a sticky Sichuan paste for bags of flavour, before being nestled inside warm tortillas with a creamy and tangy slaw. It's another taco-tastic dinner!

## Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Plain Flour, 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
<b>olive oil*</b>	refer to method	refer to method
baby leaves	1 medium packet	1 large packet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	1 tbs	2 tbs
cornflour	1 packet	2 packets
<b>plain flour*</b>	2 tbs	¼ cup
Sichuan garlic paste	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3392kJ (782cal)	782kJ (180cal)
Protein (g)	45.4g	10.5g
Fat, total (g)	36.9g	8.5g
- saturated (g)	8.2g	1.9g
Carbohydrate (g)	69.7g	16.1g
- sugars (g)	18.2g	4.2g
Sodium (mg)	1412mg	325.3mg
Dietary Fibre (g)	7.5g	1.7g

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**.
- In a medium bowl, combine **diced chicken**, the **soy sauce** and **sesame oil**. Set aside.



## Bring it all together

- While the chicken is cooking, in a large bowl, combine **baby leaves**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Meanwhile, to the bowl with chicken, add **cornflour** and the **plain flour**, then toss to combine.
- When oil is hot, dust off any excess **flour** from chicken, then cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Drain excess **oil** from the pan, then add **Sichuan garlic paste**, tossing **chicken**, until coated.



## Serve up

- Bring everything to the table.
- Build your own tacos by topping tortillas with creamy slaw and Sichuan-glazed popcorn chicken to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS

#### + DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.

#### ↻ SWAP TO CHICKEN THIGH

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

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

