

Easy Chermoula Chicken Tacos

with Pickled Cucumber & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Cucumber



Garlic



Carrot



Chermoula Spice Blend



Mini Flour Tortillas



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast



Greek-Style Yoghurt



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early

Few things look as colourful as these tacos — with the much loved chermoula-spiced chicken inside no less! The real star of this dish is the dill and parsley-flecked mayo. There's a herby hint amidst the expected creaminess of mayonnaise that works perfectly with each element in tonight's dish and also means you're in for a burst of flavour.

Pantry items

Olive Oil, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
chicken breast	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	½ medium packet	1 medium packet
mini flour tortillas	6	12
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2903kJ (694Cal)	544kJ (130Cal)
Protein (g)	43.8g	8.2g
Fat, total (g)	35.6g	6.7g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	48.7g	9.1g
- sugars (g)	8.9g	1.7g
Sodium (mg)	1442mg	270mg

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.



Pickle the cucumber

- Thinly slice **cucumber**. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid** with just enough water to cover cucumber. Set aside.
- Finely chop **garlic**. Grate the **carrot**. Cut **chicken breast** into 1cm strips.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second bursts**, until warmed through.

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

Little cooks: Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!



Prep the chicken

- In a large bowl, combine **garlic**, **chermoula spice blend**, the **salt** and **Greek-style yoghurt** (see ingredients).
- Add **chicken** and toss to coat. Season to taste.



Serve up

- Drain pickled cucumber.
- Spread tortillas with **dill & parsley mayonnaise**, then top with some **mixed salad leaves**, carrot and chermoula chicken.
- Top with pickled cucumber to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

We're here to help!

Scan here if you have any questions or concerns

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