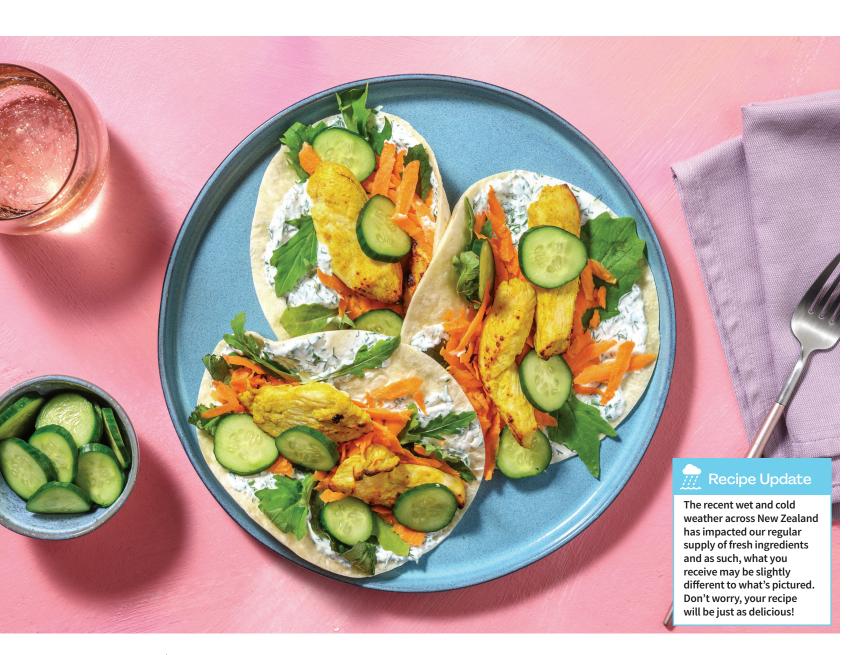


Easy Chermoula Chicken Tacos with Pickled Cucumber & Dill-Parsley Mayo

Grab your Meal Kit with this symbol











Carrot



Chermoula Spice



Blend

Mixed Salad

Chicken Breast



Mini Flour



Tortillas



Dill & Parsley Mayonnaise



Greek-Style Yoghurt



Pantry items

Olive Oil, Rice Wine Vinegar

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



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.

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*	1/4 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*	1/4 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

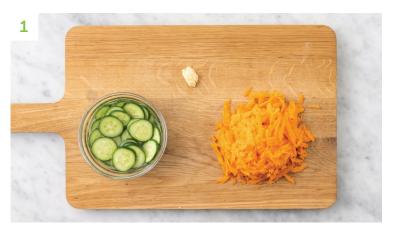
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2903kJ (694Cal)	544kJ (130Cal)
Protein (g)	43.8g	8.2g
Fat, total (g)	35.6g	6.7g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	48.7g	9.1g
- sugars (g)	8.9g	1.7g
Sodium (mg)	1442mg	270mg

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!



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.



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!



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!