



Mexican Pulled Chicken Tacos with Chipotle Slaw & Guacamole

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4193kJ (1002Cal) | Protein 46.9g | Fat, total 54.5g - saturated 22.7g | Carbohydrate 71.3g - sugars 17.2g | Sodium 2126mg
The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan

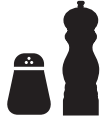


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pulled Chicken	1 pkt	1 pkt
Slaw Mix	1 bag (150g)	1 bag (300g)
Sour Cream	1 medium pkt	1 large pkt
Shredded Cheddar Cheese	1 pkt (50g)	2 pkts (100g)

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.

1. Sizzle



Sweetcorn



Pulled Chicken



Garlic Paste



Tex-Mex Spice Blend

2. Toss



Lemon



Tomato



Avocado



Slaw Mix



Mild Chipotle Sauce

3. Zap



Mini Flour Tortillas



Sour Cream



Shredded Cheddar Cheese



Coriander

- Heat **olive oil** in frying pan over high heat. Drain **sweetcorn** (1/2 tin for 2P // 1 tin for 4P)
- Cook **corn, chicken, garlic paste** and **spice blend**, tossing, until heated through, **3-4 mins**

- Meanwhile, halve **lemon** and roughly chop **tomato**
- Cut **avocado** in half, scoop out flesh and roughly chop
- In a bowl, combine **tomato, avocado** and **lemon juice**. Season to taste
- In a separate bowl, combine **slaw** and **chipotle sauce**

- Microwave **tortillas** for **10 second** bursts, until warm
- Fill **tortillas** with **chicken mixture, guacamole, slaw, sour cream** and **cheese**
- Serve sprinkled with torn **coriander**

