



Pulled Chicken Tacos with Chipotle Slaw & Avocado Salsa

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



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!

Nutrition Per Serving: Energy 4006kJ (957Cal) | Protein 44.6g | Fat, total 53.1g - saturated 21.9g | Carbohydrate 73.6g - sugars 16.9g | Sodium 2152mg
The quantities provided above are averages only.

We're here to help! Scan here
2022 | WK43 | U



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 (40g)	1 pkt (80g)

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. Chop



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 the **sweetcorn**
- 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, avocado salsa, slaw, sour cream** and **Cheddar cheese**
- Serve sprinkled with torn **coriander**



Rate your recipe

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