



Plant-Based Chick'n & Slaw Tacos

with Sriracha Plant-Based Mayo & Spring Onion

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Sriracha



Plant-Based Mayo



Mini Flour Tortillas



Plant-Based Crumbed Chicken Tenders



Shredded Cabbage Mix



Plant-Based Crumbed Chicken Tenders

Recipe Update

The recent weather conditions across New Zealand have 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

Plant Based

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

Before you start

wash your hands and any fresh food

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
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
sriracha	1 packet (20g)	1 packet (40g)
plant-based mayo	1 packet (50g)	1 packet (100g)
plant-based crumbed chicken tenders	1 packet	2 packets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
soy sauce*	1 tsp	2 tsp
rice wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3584kJ (857Cal)	833kJ (199Cal)
Protein (g)	31.8g	7.4g
Fat, total (g)	48g	11.2g
- saturated (g)	8.5g	2g
Carbohydrate (g)	70.7g	16.4g
- sugars (g)	9.9g	2.3g
Sodium (mg)	1693mg	394mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5579kJ (1333Cal)	962kJ (230Cal)
Protein (g)	54.3g	9.4g
Fat, total (g)	79.8g	13.8g
- saturated (g)	12.5g	2.2g
Carbohydrate (g)	95.6g	16.5g
- sugars (g)	11.4g	2g
Sodium (mg)	2546mg	439mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Grate the **carrot**. Thinly slice **spring onion**.
- In a small bowl, combine **sriracha** and **plant-based mayo**.



Make the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **spring onion**, the **soy sauce** and a drizzle of **rice wine vinegar** and **olive oil** in a medium bowl. Season to taste.
- Microwave **mini flour tortillas** for **10 second** bursts, until warmed through.



Cook the plant-based chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook in batches for the best result.



Serve up

- Slice the chicken.
- Bring everything to the table to serve. Fill tortillas with slaw and plant-based crumbed chicken.
- Drizzle over sriracha-mayo to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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