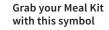


Plant-Based Chick'n & Slaw Tacos

with Sriracha Plant-Based Mayo & Spring Onion

CLIMATE SUPERSTAR















Mini Flour



Crumbed **Chicken Tenders**

Tortillas



Shredded Cabbage





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

May we introduce your new vegetarian friendly favourite, the plant-based chicken taco. Golden and glowing, the sriracha mayo combo really brings out the best in this dish and goes nicely with slaw, all put together in a warm taco. Delish!



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

9			
	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	
vinegar* mini flour tortillas plant-based crumbed chicken	6	12	

^{*}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.





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!