



# Quick Caribbean-Spiced Chicken Tacos

with Charred Pineapple Slaw & Burger Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Pineapple Slices



Chicken Tenderloins



Greek-Style Yoghurt



Slaw Mix



Mild Caribbean Jerk Seasoning



Pre-Chopped Onion



Mini Flour Tortillas



Burger Sauce



Chicken Tenderloins

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

Loaded with juicy chicken tenderloins and classic Caribbean flavours, this is our kind of weeknight meal - and one the kids will happily help out with before devouring. Hot tip: don't skimp on the slaw - the charred pineapple adds a sweetness and tang that will have you going back for more.

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

### Pantry items

Olive Oil, White 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
<b>olive oil*</b>	refer to method	refer to method
pineapple slices	1 tin	2 tins
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
slaw mix	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
pre-chopped onion	1 medium bag	1 large bag
mini flour tortillas	6	12
burger sauce	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 small packets OR 1 large packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	491kJ (117Cal)
Protein (g)	48.5g	8.3g
Fat, total (g)	21.5g	3.7g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	69.8g	11.9g
- sugars (g)	25.6g	4.4g
Sodium (mg)	1522mg	260mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3324kJ (794Cal)	671kJ (160Cal)
Protein (g)	44.9g	9.1g
Fat, total (g)	39.7g	8g
- saturated (g)	16.7g	3.4g
Carbohydrate (g)	59g	11.9g
- sugars (g)	16.1g	3.2g
Sodium (mg)	1459mg	294mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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



1



## Get prepped

- Drain **pineapple slices**.
- Cut **chicken tenderloins** into 2cm chunks.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Remove **pineapple** from pan and roughly chop. Transfer to a medium bowl.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare chicken as above.

3



## Cook the chicken

- In a second medium bowl, combine **mild Caribbean jerk seasoning** with a drizzle of **olive oil**. Add **chicken**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **pre-chopped onion**, tossing, until chicken is browned and cooked through (when no longer pink inside), **4-5 minutes**.

**Custom Recipe:** Cook chicken in batches for the best results.

2



## Make the slaw

- To the bowl with pineapple, add **Greek-style yoghurt** and a drizzle of the **white wine vinegar**. Season with **salt** and **pepper** to taste.
- Add **slaw mix**, then toss to coat.

4



## Serve up

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.
- Spread a thin layer of **burger sauce** over each tortilla. Fill with pineapple slaw and Caribbean-spiced chicken to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)