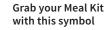


Quick Caribbean-Spiced Chicken Tacos with Charred Pineapple Slaw & BBQ Mayo

KID FRIENDLY









Pineapple Slices

Chicken Tenderloins





Mild Caribbean Jerk Seasoning



Mini Flour Tortillas







Pre-Chopped Onion



BBQ Mayo



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.

Olive Oil, White Wine Vinegar

Pantry items

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 | | |
| 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 | | |
| white wine vinegar* | drizzle | drizzle | | |
| slaw mix | 1 small bag | 1 large bag | | |
| mild Caribbean jerk seasoning | 1 medium sachet | 1 large sachet | | |
| pre-chopped onion | 1 medium bag | 1 large bag | | |
| mini flour tortillas | 6 | 12 | | |
| BBQ mayo | 1 medium packet | 1 large packet | | |
| prawns** | 1 packet (200g) | 2 packets (400g) | | |
| | | | | |

^{*}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) | 2483kJ (593Cal) | 477kJ (114Cal) |
| Protein (g) | 25.6g | 4.9g |
| Fat, total (g) | 19.5g | 3.7g |
| - saturated (g) | 3.8g | 0.7g |
| Carbohydrate (g) | 69.8g | 13.4g |
| - sugars (g) | 25.6g | 4.9g |
| Sodium (mg) | 2104mg | 404mg |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns







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.



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 browned and cooked through (when no longer pink inside), 4-5 minutes.

Little cooks: Help toss the chicken in the marinade. Make sure to wash your hands well afterwards!

Custom Recipe: If you've upgraded to prawns, coat prawns in spice blend as above. Return frying pan to medium-high heat with a drizzle of olive oil. Cook prawns and pre-chopped onion, tossing, until pink and starting to curl up, 4-5 minutes.



Make the slaw

- To 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.

Little cooks: Take the lead by tossing the slaw!



Serve up

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

Little cooks: Show them how it's done and help build the tacos!