

Quick Caribbean-Spiced Chicken Tacos

with Charred Pineapple Slaw & BBQ Mayo

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



BBQ Mayo




Prawns

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.

 Eat Me Early

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
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.

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.

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 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.

2



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!

4



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!

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