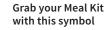


Caribbean-Spiced Chicken Tacos with Charred Pineapple Slaw & BBQ Mayo

KID FRIENDLY









Pineapple Slices

Chicken Tenderloins



Yoghurt







Mild Caribbean



Onion

BBQ Mayo

Jerk Seasoning



Mini Flour



Tortillas





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

Eat Me Early

Loaded with juicy chicken tenderloin 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.

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

9			
	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	2 medium packets	
chicken tenderloins**	2 small packet	2 small packets OR 1 large packet	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2874kJ (687Cal)	491kJ (117Cal)
48.5g	8.3g
21.5g	3.7g
4.4g	0.8g
69.8g	11.9g
25.6g	4.4g
1522mg	260mg
	2874kJ (687Cal) 48.5g 21.5g 4.4g 69.8g 25.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	478kJ (114Cal)
Protein (g)	85.1g	11.3g
Fat, total (g)	23.9g	3.2g
- saturated (g)	5.2g	0.7g
Carbohydrate (g)	69.8g	9.3g
- sugars (g)	25.6g	3.4g
Sodium (mg)	1592mg	212mg

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.

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



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.

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

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



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.

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 to serve. Enjoy!

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

