



# Sticky Sweet & Sour Chicken Tacos

with Asian-Style Salad & Aioli

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Pear



Chicken Thigh



Chicken-Style Stock Powder



Sweet & Sour Sauce



Mixed Salad Leaves



Mini Flour Tortillas



Garlic Aioli



Sesame Seeds



Chicken Thigh

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

Eat Me Early

These handheld delights require zero cutlery, just hungry bellies and ready hands. You'll be picking up sweet and sour laced chicken, sprinkled with sesame seeds and paired with aioli and an Asian-style salad. The perfect taco parcel is now ready for lift-off!

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

### Pantry items

Olive Oil, Plain Flour, Brown Sugar, 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
carrot	1	2
pear	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
sweet & sour sauce	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
sesame seeds	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (784Cal)	709kJ (169Cal)
Protein (g)	40.9g	8.8g
Fat, total (g)	36g	7.8g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	69.4g	15g
- sugars (g)	29g	6.3g
Sodium (mg)	1936mg	419mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4107kJ (982Cal)	655kJ (157Cal)
Protein (g)	71.2g	11.3g
Fat, total (g)	44.4g	7.1g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	69.4g	11.1g
- sugars (g)	29g	4.6g
Sodium (mg)	2037mg	325mg

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://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



## Get prepped

- Grate **carrot**. Thinly slice **pear**. Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken-style stock powder** and the **plain flour**. Add **chicken** and toss to coat.
- In a small bowl, combine **sweet & sour sauce**, the **brown sugar** and a splash of **water**.

**Little cooks:** Take charge by combining the sauce mixture and tossing the chicken in the seasoning!

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



## Toss the salad

- While chicken is cooking, in a second medium bowl, combine **mixed salad leaves, carrot, pear** and a drizzle of **olive oil** and **white wine vinegar**. Season.
- Microwave **mini flour tortillas** on a plate in **10 second bursts** until warmed through.

**Little cooks:** Take the lead by tossing the salad!



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Remove from heat and add **sweet & sour sauce mixture**, tossing to coat.

**TIP:** For best results, drain the oil from the pan before cooking the sweet & sour sauce.

**Custom Recipe:** Cook chicken in batches for best results. Return all chicken before adding the sauce mixture.



## Serve up

- Spread tortillas with **garlic aioli**.
- Top with Asian-style salad, sticky sweet and sour chicken and **sesame seeds**. Enjoy!

**Little cooks:** Take the lead and help build the tacos!

## Rate your recipe

Did we make your tastebuds happy?

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