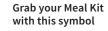


Sticky Sweet & Sour Chicken Tacos with Asian-Style Salad & Aioli

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Thigh



Chicken-Style

Stock Powder



Sweet & Sour



Sauce



Mini Flour Tortillas



Sesame Seeds



Garlic Aioli



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!

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
olive oil*	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
plain flour*	½ tbs	1 tbs
sweet & sour sauce	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	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 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

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