



Plant-Based Korean-Style Chick'n Tacos

with Pickled Onion & Plant-Based 'Aioli'

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Red Onion



Pear



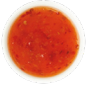
Avocado



Plant-Based Chicken Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Mini Flour Tortillas



Plant-Based Aioli



Sesame Seeds



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based^
^Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

What sets these tacos apart are the little things. You've got avocado, pear, pickled onions, sesame seeds and the lovely sweet chilli and sweet-soy seasoned plant-based chicken strips which are causing all of the buzz around this dish.

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

Pantry items

Olive Oil, Sugar, Vinegar (White Wine or Rice Wine)

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
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
pear	1	2
avocado	1	2
plant-based chicken strips	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
plant-based aioli	1 packet (50g)	2 packets (100g)
sesame seeds	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3612kJ (863Cal)	774kJ (185Cal)
Protein (g)	41.2g	8.8g
Fat, total (g)	47.2g	10.1g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	62.6g	13.4g
- sugars (g)	24.7g	5.3g
Sodium (mg)	2496mg	535mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3396kJ (812Cal)	670kJ (160Cal)
Protein (g)	48.1g	9.5g
Fat, total (g)	40.7g	8g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	58.8g	11.6g
- sugars (g)	20.9g	4.1g
Sodium (mg)	1442mg	285mg

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



Pickle the onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover onion. Set aside.



Flavour the chick'n

- Add **sweet soy seasoning** to the pan and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **sweet chilli sauce** and a splash of **water**, tossing to coat.



Get prepped

- Thinly slice **pear** into wedges.
- Slice **avocado** in half, scoop out flesh and thinly slice.

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken into 2cm chunks.



Toss the salad

- Meanwhile, in a medium bowl, combine **pear**, **avocado**, **mixed salad leaves**, a splash of **pickling liquid** and a drizzle of **olive oil**. Season.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Cook the plant-based chick'n

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Serve up

- Drain pickled onion.
- Spread each tortilla with **plant-based aioli**.
- Top with salad, Korean-style chick'n and pickled onion.
- Sprinkle over **sesame seeds** to serve. Enjoy!

Custom Recipe: Build tacos as above topping with Korean-style chicken to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate