



Plant-Based Mexican Chick'n Tacos

with Avocado & Smokey Aioli Slaw

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



Spring Onion



Carrot



Avocado



Plant-Based Chicken Strips



Mexican Fiesta Spice Blend



Shredded Cabbage Mix



Plant-Based Smokey Aioli



Mini Flour Tortillas



Chicken Breast

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



Plant Based[^]
[^]Custom Recipe is not Plant Based

Eat Me Early*
*Custom Recipe only

Plant-based chicken strips are all the rage so pile them up high in this taco dinner delight, packed full of Mexican flavours that deserve some recognition. Thank you Mexican Fiesta spice blend!

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

Pantry items

Olive Oil

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
sweetcorn	1 tin (125g)	1 tin (300g)
spring onion	1 stem	2 stems
carrot	1	2
avocado	1	2
plant-based chicken strips	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
shredded cabbage mix	1 medium bag	1 large bag
plant-based smokey aioli	1 packet (50g)	2 packets (100g)
mini flour tortillas	6	12
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3343kJ (799Cal)	649kJ (155Cal)
Protein (g)	41.9g	8.1g
Fat, total (g)	43.4g	8.4g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	55.5g	10.8g
- sugars (g)	15.1g	2.9g
Sodium (mg)	2373mg	461mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3166kJ (757Cal)	570kJ (136Cal)
Protein (g)	46.2g	8.3g
Fat, total (g)	39.1g	7g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	51.9g	9.4g
- sugars (g)	11.4g	2.1g
Sodium (mg)	1332mg	240mg

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



Char the corn

- Drain **sweetcorn**. Heat a large frying pan over high heat.
- Cook **corn**, until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Meanwhile, thinly slice **spring onion**.
- Grate **carrot**.
- Slice **avocado** in half, scoop out flesh and thinly slice

TIP: Cover the pan with a lid if the kernels are 'popping' out.

3



Toss the slaw

- Meanwhile, to the charred corn, add **carrot, avocado, shredded cabbage mix, plant-based smokey aioli** and a drizzle of **olive oil**.
- Toss to coat and season to taste.

2



Cook the plant-based chicken strips

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. In the **last minute** of cook time, sprinkle over **Mexican Fiesta spice blend** and add the **water**, tossing to coat.

Custom Recipe: If you've swapped to chicken breast, slice chicken breast into thin strips. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken strips, tossing occasionally, until browned and cooked through, 3-4 minutes. In the last minute of cook time, sprinkle over Mexican Fiesta spice blend and add the water, tossing to coat.

4



Build and serve up

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Fill tortillas with plant-based smokey aioli slaw and plant-based Mexican chick'n.
- Sprinkle over spring onion to serve. Enjoy!

Rate your recipe

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