



# Crunchy Plant-Based Chick'n Tacos

with Cucumber Salad & Plant-Based Smokey Aioli

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Tomato



Avocado



Plant-Based Crumbed Chicken



Mixed Salad Leaves



Mini Flour Tortillas



Plant-Based Smokey Aioli



Plant-Based Crumbed Chicken

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

Plant Based

This crowd-pleasing recipe comes together in four simple steps, with minimal hands-on time. While the juicy crumbed chick'n gets lovely and golden in the pan, all you have to do is toss the salad and pop the tortillas in the microwave.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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
cucumber	1	2
tomato	1	2
avocado	1	2
plant-based crumbed chicken	1 packet	2 packets
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mini flour tortillas	6	12
plant-based smokey aioli	1 packet (50g)	2 packets (100g)
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (804Cal)	738kJ (176Cal)
Protein (g)	23.2g	5.1g
Fat, total (g)	50.1g	11g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	61g	13.4g
- sugars (g)	6.5g	1.4g
Sodium (mg)	1364mg	299mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4605kJ (1101Cal)	814kJ (195Cal)
Protein (g)	36.7g	6.5g
Fat, total (g)	67.7g	12g
- saturated (g)	7g	1.2g
Carbohydrate (g)	80.3g	14.2g
- sugars (g)	7.5g	1.3g
Sodium (mg)	2216mg	392mg

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.

1



## Get prepped

- Thinly slice **cucumber** into half-moons.
- Roughly chop **tomato**.
- Slice **avocado** in half, scoop out flesh and roughly chop.

3



## Make the salad

- Meanwhile, in a large bowl, combine **cucumber**, **tomato**, **avocado**, **mixed salad leaves** and a drizzle of **olive oil** and **vinegar**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

2



## Cook the plant-based crumbed chicken

- In a large frying pan, heat enough **olive oil** to cover the base over medium-high heat with.
- Cook **plant-based crumbed chicken**, until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

**Custom Recipe:** If you've doubled your plant-based crumbed chicken, cook chick'n in batches for the best results.

4



## Serve up

- Slice chick'n.
- Spread tortilla bases with some of the **plant-based smokey aioli**.
- Fill each tortilla with cucumber salad and crispy chick'n.
- Drizzle tacos with remaining plant-based smokey aioli to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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