



Sweet Chilli Plant-Based Crumbed Chick'n Tacos

with Creamy Pea Pod Slaw & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Pea Pods



Plant-Based Crumbed Chicken



Slaw Mix



Plant-Based Mayonnaise



Mini Flour Tortillas



Sweet Chilli Sauce



Crispy Shallots



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Plant-Based^
^Custom Recipe is not 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 slaw and pop the tortillas in the microwave. Complete the dish with a drizzle of sweet chilli sauce, plus a sprinkle of crispy shallots for extra crunch.

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

Pantry items

Olive Oil, 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
cucumber	1	2
pea pods	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	¼ cup	½ cup
plant-based crumbed chicken	1 packet	2 packets
slaw mix	1 small packet	1 large packet
plant-based mayonnaise	1 medium packet	2 medium packets
mini flour tortillas	6	12
sweet chilli sauce	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	704kJ (168Cal)
Protein (g)	23.6g	4.9g
Fat, total (g)	45g	9.3g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	79.8g	16.6g
- sugars (g)	21.9g	4.5g
Sodium (mg)	1613mg	335mg
Dietary Fibre (g)	14.1g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (685Cal)	533kJ (127Cal)
Protein (g)	46.7g	8.7g
Fat, total (g)	29.9g	5.6g
- saturated (g)	5.5g	1g
Carbohydrate (g)	60.6g	11.3g
- sugars (g)	20.9g	3.9g
Sodium (mg)	830mg	155mg
Dietary fibre	9.9g	1.8g

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

2024 | CW21



1



Pickle the cucumber

- Thinly slice **cucumber** into half-moons.
- Trim and roughly chop **pea pods**.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Add enough water to just cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season with salt and pepper.

3



Prep the slaw & tortillas

- Meanwhile, in a second medium bowl, combine **pea pods**, **slaw mix**, **plant-based mayonnaise**, a splash of **pickling liquid** and a drizzle of **olive oil**. Toss to coat. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second bursts**, until warmed through.

2



Cook plant-based chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based crumbed chicken** until just browned, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken, in batches, until browned and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.

4



Serve up

- Drain pickled cucumber. Roughly chop plant-based chicken.
- Build your tacos by filling each tortilla with a helping of creamy slaw, pickled cucumber and plant-based chicken.
- Drizzle over **sweet chilli sauce**. Sprinkle with **crispy shallots** to serve. Enjoy!

Custom Recipe: Roughly chop chicken. Build your tacos with creamy slaw, pickled cucumber and chicken as above.

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