



# Quick Peri-Peri Chicken Tacos

with Garlic Aioli & Cucumber-Tomato Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Snacking Tomatoes



Cucumber



Chicken Tenderloins



Peri-Peri Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Mini Flour Tortillas



Garlic Aioli



Chicken Tenderloins

Prep in: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early

Loaded with juicy chicken thigh and classic peri-peri flavours, this is our kind of weeknight meal - and one the kids will happily help out with before devouring.

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

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 medium sachet	2 medium sachets
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	601kJ (144Cal)
Protein (g)	46.9g	9.2g
Fat, total (g)	32.5g	6.4g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	58.8g	11.6g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1208mg	238mg
Dietary Fibre (g)	8.3g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3765kJ (900Cal)	560kJ (134Cal)
Protein (g)	83.6g	12.4g
Fat, total (g)	35g	5.2g
- saturated (g)	6.4g	1g
Carbohydrate (g)	58.9g	8.8g
- sugars (g)	14.1g	2.1g
Sodium (mg)	1278mg	190mg
Dietary Fibre	8.4g	1.3g

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

- Halve **snacking tomatoes**.
- Slice **cucumber** into thin sticks.
- Cut **chicken tenderloins** into thin strips.
- In a medium bowl, combine **chicken**, **peri-peri seasoning**, a pinch of **salt**, and a drizzle of **olive oil**.

**Little cooks:** Help toss the chicken in the peri-peri seasoning.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare chicken as above and cook in batches for best results.

3



## Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber**, **snacking tomatoes** and a drizzle of **white wine vinegar** and **olive oil**. Season.

**Little cooks:** Take the lead by tossing the salad!

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Remove from heat, then add **sweet chilli sauce** and a splash of **water**, toss to coat.

**TIP:** Chicken is cooked through when it is no longer pink inside.

4



## Serve up

- Roughly chop chicken.
- Microwave **mini flour tortillas** on a plate in **10-second** bursts until warmed through.
- Spread **garlic aioli** on each tortilla, then fill with cucumber-tomato salad and sticky peri-peri chicken.
- Drizzle over any remaining pan glaze to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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