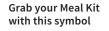


# Quick Caribbean-Spiced Chicken Tacos with Charred Pineapple Slaw & BBQ Mayo

KID FRIENDLY

**CLIMATE SUPERSTAR** 









Pineapple Slices

Yoghurt

Slaw Mix



Mild Caribbean Jerk Seasoning

Pre-Chopped Onion





**BBQ** Mayo

Mini Flour

Tortillas



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

Eat Me First

Loaded with juicy chicken breast and classic Caribbean flavours, this is our kind of weeknight meal - and one the kids will happily help out with before devouring. Hot tip: don't skimp on the slaw - the charred pineapple adds a sweetness and tang that will have you going back for more.

**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**

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	2 People	4 People		
olive oil*	refer to method	refer to method		
pineapple slices	1 tin	2 tins		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
Greek-style yoghurt	1 medium packet	1 large packet		
white wine vinegar*	drizzle	drizzle		
slaw mix	1 small packet	1 large packet		
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet		
pre-chopped onion	1 medium packet	1 large packet		
mini flour tortillas	6	12		
BBQ mayo	1 medium packet	2 medium packets		
peeled prawns**	1 packet	2 packets		

#### **Nutrition**

\*Pantry Items \*\*Custom Recipe Ingredient

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2850kJ (681Cal)	487kJ (116Cal)
Protein (g)	48.3g	8.2g
Fat, total (g)	20.7g	3.5g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	71.3g	12.2g
- sugars (g)	27g	4.6g
Sodium (mg)	1522mg	260mg
Dietary Fibre (g)	10.2g	1.7g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2395kJ (572Cal)	465kJ (111Cal)
Protein (g)	25g	4.8g
Fat, total (g)	19.2g	3.7g
- saturated (g)	4.9g	1g
Carbohydrate (g)	72.2g	14g
- sugars (g)	28g	5.4g
Sodium (mg)	2076mg	403mg
Dietary Fibre	11.1g	2.2g

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





## Get prepped

- Drain pineapple slices.
- · Cut chicken breast into 2cm chunks.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, 2-3 minutes each side.
- Remove **pineapple** from pan and roughly chop. Transfer to a medium bowl.



# Cook the chicken

- In a second medium bowl, combine mild Caribbean jerk seasoning with a drizzle of olive oil. Add chicken, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **pre-chopped onion**, tossing, until browned and chicken is cooked through (when no longer pink inside), 4-5 minutes.

**Little cooks:** Help toss the chicken in the seasoning. Make sure to wash your hands well afterwards!

Custom Recipe: If you've upgraded to peeled prawns, coat prawns in spice blend as above. Return frying pan to medium-high heat with a drizzle of olive oil. Cook prawns and pre-chopped onion, tossing, until prawns are pink and starting to curl up, 4-5 minutes.



#### Make the slaw

- To bowl with pineapple, add Greek-style yoghurt and a drizzle of white wine vinegar. Season with salt and pepper to taste.
- Add **slaw mix**, then toss to coat.

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



## Serve up

- Microwave mini flour tortillas on a plate for 10 second bursts, until warmed through.
- Spread a thin layer of **BBQ mayo** over each tortilla. Fill tacos with pineapple slaw and Caribbean-spiced chicken to serve. Enjoy!

**Little cooks:** Show them how it's done and help build the tacos!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

