

Quick Peri-Peri Chicken Tacos

with Garlic Aioli & Cucumber-Tomato Salad

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit
with this number

35



Snacking Tomatoes



Cucumber



Chicken Tenderloins



Peri-Peri
Seasoning



Sweet Chilli
Sauce



Mixed Salad
Leaves



Mini Flour
Tortillas



Garlic Aioli



Haloumi



Chicken
Tenderloins

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

 Eat Me Early

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

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or Large frying pan

Ingredients

	2 People	4 People
olive oil*	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 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet

*Pantry Items

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)	7.9g	1.6g

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.



Get prepped

- Halve **snacking tomatoes**.
- Slice **cucumber** into thin sticks.
- Cut **chicken tenderloins** into 2cm chunks.
- 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 bowl.



Toss the salad

- In a second medium bowl, combine **mixed salad leaves, cucumber, tomatoes**, a drizzle of **white wine vinegar** and **olive oil**. Season.
- Microwave **mini flour tortillas** on a plate in **10-second** bursts until warmed through.

Little cooks: Take the lead by tossing the salad!



Cook the chicken

- Set air fryer to **200°C**. Place **chicken** into foil-lined air fryer basket and cook until browned and cooked through (when no longer pink inside), **8-10 minutes**.
- When chicken has **5 minutes** remaining, brush over **sweet chilli sauce** and cook until glaze is browned and sticky.

TIP: No air fryer? 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 each side. Remove from heat, then add sweet chilli sauce and a splash of water, tossing to coat.



Serve up

- Roughly chop chicken.
- Spread **garlic aioli** on each tortilla, then fill with cucumber-tomato salad and sticky peri-peri chicken.
- Drizzle over any remaining glaze from the pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS

+ ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

+ DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

