



# Caribbean Chicken & Pineapple Slaw Tacos

with BBQ Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

20



Pineapple Slices



Chicken Tenderloins



Greek-Style Yoghurt



Slaw Mix



Mild Caribbean Jerk Seasoning



Pre-Chopped Onion



Mini Flour Tortillas



BBQ Mayo



Chicken Tenderloins



Peeled Prawns

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



Protein Rich



Eat Me Early

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 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pineapple slices	1 tin	2 tins
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2974kJ (711Cal)	499kJ (119Cal)
Protein (g)	49.1g	8.2g
Fat, total (g)	21.5g	3.6g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	75.9g	12.7g
- sugars (g)	27.4g	4.6g
Sodium (mg)	1562mg	262mg
Dietary Fibre (g)	10.7g	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](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

- Drain **pineapple slices**.
- Cut **chicken tenderloins** 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.

3



## 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 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!

2



## Make the slaw

- To the 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!

4



## 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 chicken to serve. Enjoy!

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



#### SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

