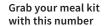


Sweet & Sticky Fried Chicken Tacos with Creamy Slaw & Crispy Shallots

NEW

KID FRIENDLY













Garlic Paste





Sweet Chilli



Cornflour



Baby Spinach







Shredded Cabbage

Mini Flour Tortillas



Crispy Shallots





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

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
olive oil*	refer to method	refer to method
carrot	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
soy sauce mix	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
cornflour	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar*		
(white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
crispy shallots	½ large sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3439kJ (822cal)	360kJ (86cal)
Protein (g)	41.6g	4.4g
Fat, total (g)	43.3g	4.5g
- saturated (g)	8.7g	0.9g
Carbohydrate (g)	70.9g	7.4g
- sugars (g)	17.4g	1.8g
Sodium (mg)	1244mg	130.3mg
Dietary Fibre (g)	9.2g	1g

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

- Grate carrot.
- · Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine chicken, garlic paste and a drizzle of olive oil. Season with **salt** and **pepper**.
- In a small bowl, combine soy sauce mix and sweet chilli sauce.



Toss the slaw & heat the tortillas

- While the chicken is cooking, in a large bowl, combine carrot, baby spinach leaves, shredded cabbage mix, garlic aioli and a drizzle of vinegar. Season to taste.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Cook the chicken

- To bowl with chicken, add **cornflour** and toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, dust off any excess **flour** from chicken, then cook, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.
- Drain any excess oil, then add sauce mixture to pan, tossing until chicken is well coated. Season to taste with salt and pepper.



Serve up

- Fill tortillas with creamy slaw and sweet and sticky fried chicken.
- Sprinkle over crispy shallots (see ingredients) to serve. Enjoy!









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

