

Sweet & Sticky Fried Chicken Tacos

with Creamy Slaw & Crispy Shallots

NEW

KID FRIENDLY

Grab your meal kit with this number

19



Carrot



Chicken Thigh



Garlic Paste



Soy Sauce Mix



Sweet Chilli Sauce



Cornflour



Baby Spinach Leaves



Shredded Cabbage Mix



Garlic Aioli



Mini Flour Tortillas



Crispy Shallots



Chicken Breast



Chicken Thigh

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

Eat Me Early

These fried chicken bites are that much tastier when you pair them with a sweet chilli-soy sauce mixture and toss them into soft tortillas. These handheld parcels are super tasty and packed full of some delicious Korean-inspired flavours!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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.

We're here to help!

Scan here if you have any questions or concerns



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!

CUSTOM OPTIONS

SWAP TO CHICKEN BREAST
Follow method above.

DOUBLE CHICKEN THIGH
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.

