



Easy Tropical Chicken & Pineapple Slaw Tacos

with BBQ Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

35



Pineapple Slices



Chicken Tenderloins



Greek-Style Yoghurt



Slaw Mix



Mild Caribbean Jerk Seasoning



Pre-Chopped Onion



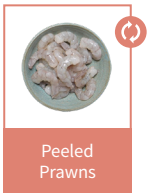
Mini Flour Tortillas



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 tenderloins 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
olive oil*	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
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	2 medium packets
mini flour tortillas	6	12
BBQ mayo	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3779kJ (903cal)	247kJ (59cal)
Protein (g)	85.8g	5.6g
Fat, total (g)	25.2g	1.6g
- saturated (g)	6g	0.4g
Carbohydrate (g)	76.8g	5g
- sugars (g)	28.6g	1.9g
Sodium (mg)	1611mg	105.2mg
Dietary Fibre (g)	11g	0.7g

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

- 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.



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!



Make the slaw

- To the bowl with pineapple, add **Greek-style yoghurt** and a drizzle of the **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 tropical 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

2024 | CW44



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.

