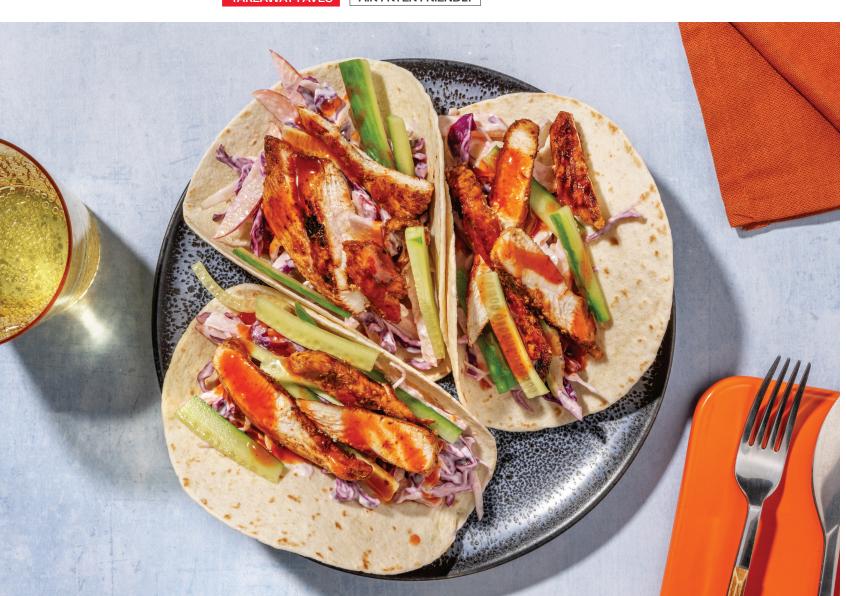
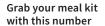


Easy Buffalo Glazed Chicken Tacos with Cucumber & Apple Slaw

TAKEAWAY FAVES

AIR FRYER FRIENDLY













All-American Spice Blend













Apple

Cucumber





Mini Flour Tortillas

Shredded Cabbage



Garlic Aioli





Pantry items

Olive Oil, White Wine Vinegar

Prep in: 10-20 mins Ready in: 20-30 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

Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sriracha	1 packet	2 packets
BBQ sauce	1 packet	2 packets
apple	1	2
cucumber	1	2
mini flour tortillas	6	12
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739cal)	291kJ (70cal)
Protein (g)	47.4g	4.5g
Fat, total (g)	28.3g	2.7g
- saturated (g)	4.5g	0.4g
Carbohydrate (g)	68.7g	6.5g
- sugars (g)	24.4g	2.3g
Sodium (mg)	1304mg	122.7mg
Dietary Fibre (g)	9.3g	0.9g

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

- Slice chicken breast into thin strips.
- In a medium bowl, combine All-American spice blend, a drizzle of olive oil
 and a pinch of salt. Add chicken strips, tossing to coat. Set aside.
- In a small bowl, combine **sriracha**, **BBQ sauce** and a splash of **water**.
- Thinly slice apple and cucumber into sticks.



Assemble the slaw

- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts until warmed through.
- In a large bowl, combine shredded cabbage mix, apple, garlic aioli and a drizzle of white wine vinegar. Season to taste with salt and pepper.



Cook the chicken

- Set air fryer to 200°C. Place chicken into a foil-lined air fryer basket and cook, until browned and cooked through (when no longer pink inside),
 8-10 minutes. Cook in batches if needed.
- When chicken has 5 minutes remaining, brush over the buffalo sauce mixture and cook, until glaze is sticky.

TIP: No air fryer? Cook chicken in a large frying pan with a drizzle of olive oil over medium-high heat, until cooked through, 3-4 minutes each side. Remove pan from heat and add buffalo sauce mixture, tossing until well coated.



Serve up

- Build tacos by filling tortillas with apple slaw, cucumber and Buffalo glazed chicken.
- Drizzle over any remaining sauce from pan to serve. Enjoy!







