



# Easy Buffalo Glazed Chicken Tacos

with Cucumber & Apple Slaw

TAKEAWAY FAVES

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Chicken Breast



All-American Spice Blend



Sriracha



BBQ Sauce



Apple



Cucumber



Mini Flour Tortillas



Shredded Cabbage Mix



Garlic Aioli



Diced Bacon



Chicken Breast

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



Protein Rich



Eat Me Early

Smokey BBQ flavours are packed to the brim in this midweek taco delight. With the crunchiest and crispest cucumber and apple slaw and the most tender All-American spiced chicken around town, you'll be on taco duty every week!

### 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

Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS

#### + ADD DICED BACON

Cook, breaking up with a spoon, until browned, 4-5 minutes. Sprinkle over tacos to serve.

#### + DOUBLE CHICKEN BREAST

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.

