



Asian Plant-Based Crumbed Chick'n Tacos

with Creamy Pea Pod Slaw & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Cucumber



Pea Pods



Plant-Based Crumbed Chicken



Slaw Mix



Plant-Based Mayonnaise



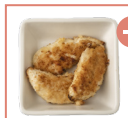
Mini Flour Tortillas



Sweet Chilli Sauce



Crispy Shallots



Plant-Based Crumbed Chicken



Chicken Breast

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

Plant Based

This crowd-pleasing recipe comes together in four simple steps, with minimal hands-on time. While the juicy crumbed chick'n gets lovely and golden in the pan, all you have to do is toss the slaw and pop the tortillas in the microwave. Complete the dish with a drizzle of sweet chilli sauce, plus a sprinkle of crispy shallots for extra crunch.

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
cucumber	1	2
pea pods	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	¼ cup	½ cup
plant-based crumbed chicken	1 packet	2 packets
slaw mix	1 small packet	1 large packet
plant-based mayonnaise	1 packet	2 packets
mini flour tortillas	6	12
sweet chilli sauce	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3666kJ (761cal)	761kJ (158cal)
Protein (g)	26.4g	5.5g
Fat, total (g)	51g	10.6g
- saturated (g)	8.1g	1.7g
Carbohydrate (g)	80.5g	16.7g
- sugars (g)	22.4g	4.6g
Sodium (mg)	1359mg	282mg
Dietary Fibre (g)	10.5g	2.2g

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.

1



Pickle the cucumber

- Thinly slice **cucumber** into half-moons.
- Trim and roughly chop **pea pods**.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

3



Prep the slaw & tortillas

- Meanwhile, in a second medium bowl, combine **pea pods**, **slaw mix**, **plant-based mayonnaise**, a splash of **pickling liquid** and a drizzle of **olive oil**. Toss to coat. Season to taste with **salt** and **pepper**.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook plant-based chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based crumbed chicken** until just browned, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

4



Serve up

- Drain pickled cucumber. Roughly chop plant-based chicken.
- Build your tacos by filling each tortilla with a helping of creamy pea pod slaw, pickled cucumber and plant-based chicken.
- Drizzle over **sweet chilli sauce**. Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



DOUBLE PLANT-BASED CRUMBED CHICKEN

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook, until browned and cooked through, 4-6 minutes.

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

