



# Speedy Sweet & Sticky Chicken Tacos

with Creamy Slaw & Crispy Shallots

KID FRIENDLY

Grab your meal kit  
with this number

35



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  
Thigh



Chicken  
Breast

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
<b>olive oil*</b>	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 packet	1 packet
cornflour	1 medium sachet	2 medium sachets
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
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3419kJ (817Cal)	717kJ (171Cal)
Protein (g)	41.6g	8.7g
Fat, total (g)	43g	9g
- saturated (g)	9.2g	1.9g
Carbohydrate (g)	70.8g	14.8g
- sugars (g)	17.7g	3.7g
Sodium (mg)	1244mg	261mg
Dietary Fibre (g)	8.9g	1.9g

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

- 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**. Set aside.



## 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 the 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 **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Drain any excess oil, then add the **sauce mixture** to the pan, tossing until chicken is well coated. Season with **salt** and **pepper**, to taste.



## Serve up

- Fill tortillas with creamy slaw and sweet and sticky chicken.
- Sprinkle with **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook as above, until 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.

