



Quick American-Style Chicken Tacos

with Charred Pineapple Slaw & BBQ Mayo

Grab your Meal Kit with this symbol



Pineapple Slices



Brown Onion



Chicken Thigh



Greek-Style Yoghurt



Slaw Mix



All-American Spice Blend



Mini Flour Tortillas



Coriander



BBQ Mayo



Chicken Breast

Hands-on: **20-30 mins**
 Ready in: **20-30 mins**

Eat Me Early

Loaded with juicy chicken thigh and classic American flavours, this is our kind of weeknight meal. Don't skimp on the slaw - the charred pineapple adds a sweetness and tang that will have you going back for more.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
brown onion	½	1
chicken thigh	1 small packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
slaw mix	1 small bag	1 large bag
all-American spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
coriander	1 bag	1 bag
BBQ mayo	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3173kJ (758Cal)	542kJ (129Cal)
Protein (g)	44.8g	7.7g
Fat, total (g)	29.8g	5.1g
- saturated (g)	6g	1g
Carbohydrate (g)	72.1g	12.3g
- sugars (g)	30.6g	5.2g
Sodium (mg)	1208mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3028kJ (723Cal)	527kJ (125Cal)
Protein (g)	49.5g	8.6g
Fat, total (g)	23.7g	4.1g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	72.9g	12.7g
- sugars (g)	31.4g	5.5g
Sodium (mg)	1167mg	203mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Drain **pineapple slices**. Thinly slice **brown onion** (see ingredients).
- Cut **chicken thigh** into 2cm chunks.
- Heat a large frying pan over a high heat. Add **pineapple slices** until lightly charred, **2-3 minutes** each side. Remove from pan, then roughly chop. Transfer to a bowl.

CUSTOM RECIPE

If you've swapped to chicken breast, prep it the same way as the chicken thigh.



Cook the chicken

- In a medium bowl, combine **all-American spice blend** with a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.
- Return pan to a medium-high heat with a drizzle of **olive oil**. Once oil is hot, cook **chicken and onion**, tossing, until browned and cooked through, **4-5 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

Flavour and cook the chicken breast as above.



Make the slaw

- Combine **pineapple** with **Greek-style yoghurt** and the **white wine vinegar**. Add **salt** and **pepper** to taste.
- Add **slaw mix**, then toss to coat.



Serve up

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.
- Roughly chop **coriander**.
- Spread a thin layer of **BBQ mayo** on each taco, then fill with pineapple slaw, American style chicken and a sprinkle of coriander. Serve with remaining lemon wedges.

Enjoy!