



# Caribbean Chicken Tacos with Slaw & Garlic Aioli

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3346kJ (800Cal) | Protein 49.2g | Fat, total 31.9g - saturated 3.5g | Carbohydrate 71.4g - sugars 26.8g | Sodium 1943mg  
The quantities provided above are averages only.

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2022 | WK05 | V

# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts
Slaw Mix	1 small bag	1 large bag
Garlic Aioli	1 pkt (50g)	1 pkt (100g)
Chargrilled Capsicums	1 pkt	2 pkts

## 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.

## 1. Chop



Sweetcorn



Pineapple Slices



Chicken Tenderloins



Garlic Paste



Mild Caribbean Jerk Seasoning

## 2. Sizzle



Lemon



Spring Onion



Slaw Mix

## 3. Zap



Mini Flour Tortillas



Garlic Aioli



Chargrilled Capsicums

- Drain **corn**. Drain and chop **pineapple**
- Heat **olive oil** in a frying pan over high heat
- Cook **chicken, corn** and **pineapple** until cooked through, **6-7 mins**
- Add **garlic paste** and **seasoning** (1 1/2 sachets for 2P / 3 sachets for 4P) and cook until fragrant, **1-2 mins**

- Cut **lemon** into wedges. Slice **spring onion**
- In a bowl, combine **slaw mix, spring onion** and a good squeeze of **lemon juice**
- Drizzle with **oil**, season and toss

- Microwave **tortillas** for **10 second** bursts, until warm
- Spread **aioli** over **tortillas**
- Fill with **slaw, chicken mixture** and **chargrilled capsicums**
- Serve with remaining **lemon wedges**

