



Caribbean Chicken Tacos with Slaw & Chargrilled Capsicum

Grab your
Fresh & Fast
Meal Kit



FRESH & FAST

Box to plate: 15 mins

Eat me early



Nutrition Per Serving: Energy 3434kJ (821Cal) | Protein 48.4g | Fat, total 35.5g - saturated 4.9g | Carbohydrate 71g - sugars 26.5g | Sodium 1945mg

We're here to help! Scan here
2022 | WK30 | 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 medium pkt	1 large pkt
Chargrilled Capsicums	1 pkt (60g)	2 pkts (120g)

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. Chop



Sweetcorn



Pineapple Slices



Chicken Tenderloins



Garlic Paste



Mild Caribbean Jerk Seasoning

2. Sizzle



Lemon



Slaw Mix

3. Zap



Mini Flour Tortillas



Garlic Aioli



Chargrilled Capsicums



Coriander

- Drain **corn**. Drain **pineapple**, then roughly chop
- Heat a frying pan over high heat with **olive oil**
- Cook **chicken, corn** and **pineapple** until chicken is cooked through (when no longer pink inside), **6-8 mins**
- Add **garlic paste** and **seasoning** (1 1/2 sachets for 2P / 3 sachets for 4P). Cook until fragrant, **1-2 mins**

- Cut **lemon** into wedges
- In a bowl, combine **slaw** and a good squeeze of **lemon juice**
- Drizzle with **olive oil**. Season, then toss

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

