



# Caribbean Chicken & Pineapple Tacos with Aioli Slaw

FRESH & FAST

Box to plate: 15 mins

EAT ME EARLY

CLIMATE SUPERSTAR

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3434kJ (821Cal) | Protein 48.5g | Fat, total 34.6g - saturated 4.8g | Carbohydrate 71.9g - sugars 26.7g | Sodium 2233mg  
The quantities provided above are averages only.

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2023 | WK02 | 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
Slaw Mix	1 small bag	1 large bag
Chicken Tenderloins	1 small pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts
Garlic Aioli	1 medium pkt	1 large pkt
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



Lime



Slaw Mix

## 2. Sizzle



Chicken Tenderloins



Garlic Paste



Mild Caribbean Jerk Seasoning

## 3. Zap



Mini Flour Tortillas



Garlic Aioli



Chargrilled Capsicums



Coriander

- Drain **corn**
- Drain **pineapple**, then roughly chop
- Cut **lime** into wedges
- In a bowl, combine **slaw mix** and a good squeeze of **lime juice**. Drizzle with **olive oil**. Season, then toss

- Heat a frying pan over high heat with **olive oil**
- Cook **chicken, corn** and **pineapple**, tossing occasionally, until chicken is cooked through (no longer pink inside), **6-8 mins**
- Add **garlic paste** and **seasoning**. Cook until fragrant, **1-2 mins**

- 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 **lime** wedges



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