



Jamaican Jerk Plant-Based Chick'n Tacos

with Baby Spinach Slaw & Smokey Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Carrot



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Plant-Based Chicken Strips



Shredded Cabbage Mix



Plant-Based Smokey Aioli



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 15-25 mins

Plant Based

Eat Me Early*
*Custom Recipe only

Plant-based chicken strips are all the rage so pile them up high in this taco dinner delight, packed full of Caribbean flavours that deserve some recognition. Thank you Caribbean jerk seasoning!

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

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
plant-based chicken strips	1 packet	2 packets
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
plant-based butter*	20g	40g
mini flour tortillas	6	12
shredded cabbage mix	1 medium bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
plant-based smokey aioli	1 medium packet	2 medium packets
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3109kJ (743Cal)	725kJ (173Cal)
Protein (g)	39.3g	9.2g
Fat, total (g)	39.1g	9.1g
- saturated (g)	5.8g	1.4g
Carbohydrate (g)	53.6g	12.5g
- sugars (g)	15.4g	3.6g
Sodium (mg)	2398mg	559mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2891kJ (691Cal)	617kJ (147Cal)
Protein (g)	46.3g	9.9g
Fat, total (g)	32.6g	7g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	49.9g	10.6g
- sugars (g)	11.7g	2.5g
Sodium (mg)	1344mg	287mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Roughly chop **baby spinach leaves**.
- Grate **carrot**.

3



Heat the tortillas

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **spinach**, **shredded cabbage mix**, **carrot** and a drizzle of **olive oil** and **vinegar**. Season to taste.

2



Cook the chick'n

- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based chicken strips**, tossing occasionally, until browned, **3-4 minutes**.
- Add **mild Caribbean jerk seasoning** and the **plant-based butter**, tossing, until fragrant, **1 minute**.

Custom Recipe: If you've swapped to chicken tenderloins, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Add spice blend and continue as above.

4



Serve up

- Spread each tortilla with **plant-based smokey aioli** then fill with baby spinach slaw and Jamaican jerk plant-based chick'n. Enjoy!

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