

## **KOREAN CHICKEN TACOS**

with Pickled Onion & Lemon Aioli



wrapped up in soft flour tortillas for a Korean-style fiesta!

A lip-smackingly good combo of garlic, soy and honey makes for some seriously tender and totally delicious chicken.

Give it the taco treatment by adding lemony aioli, bright homemade pickled onion and fresh salad ingredients, all



Make a cheat's pickled onion











Cos Lettuce



Long Red Chilli (Optional)





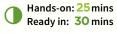
Mini Flour Tortillas





Crispy Shallots

Pantry Staples: Olive Oil, Soy Sauce, Honey, Vinegar (White Wine Or Rice Wine), Sugar







Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use: • medium frying pan



Timely chop the garlic (or use a garlic press). Slice the chicken breast into 1cm-thick strips. In a medium bowl, combine the garlic, soy sauce, honey and chicken strips. Toss to coat and set aside to marinate.

\*TIP: If you have time, marinate the chicken for at least 15 minutes to enhance the flavour and increase tenderness.



PICKLE THE ONION
Thinly slice the red onion (see ingredients list). Combine the onion, vinegar, water, salt and sugar in a small bowl. Stir to coat the onion in the liquid and set aside until just before serving. \*TIP: If you don't like pickled onion you can cook the onion in step 4 with the chicken.



PREP THE VEGGIES
Grate the carrot (unpeeled). Shred the cos lettuce. Thinly slice the long red chilli (if using). Slice the lemon (see ingredients list) into wedges. In a medium bowl, combine the carrot, lettuce, chilli (if using) and a squeeze of lemon juice. Season with a pinch of salt and pepper and toss to coat. Set aside.



4 COOK THE KOREAN CHICKEN
In a medium frying pan, heat a drizzle of olive oil over a high heat. When the oil is hot, add 1/2 the chicken and cook, tossing, until browned and cooked through, 2-3 minutes.

Transfer to a plate and repeat with the remaining chicken. 

↑ TIP: Cooking the meat in batches over a high heat keeps it tender.

Don't worry if it chars a little, this adds flavour!



WARM THE TORTILLAS
While the chicken is cooking, heat the mini flour tortillas in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through. In a small bowl, combine the garlic aioli and a generous squeeze of lemon juice.



Drain the liquid from the pickled onion.

Bring everything to the table to serve. Spread some lemon aioli over the tortillas and top with the salad, Korean chicken and pickled onion. Sprinkle with **crispy shallots**.

**ENJOY!** 

## INGREDIENTS

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	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
honey*	2 tsp	1 tbs
red onion	1/2	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
water*	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	3 tsp	1½ tbs
carrot	1	2
cos lettuce	1 head	2 heads
long red chilli (optional)	1	2
lemon	1/2	1
mini flour tortillas	6	12
garlic aioli	<b>1 tub</b> (50 g)	2 tubs (100 g)
crispy shallots	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3230kJ (771Cal)	638kJ (152Cal)
Protein (g)	48.1g	9.5g
Fat, total (g)	36.1g	7.1g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	58.5g	11.6g
- sugars (g)	13.9g	2.7g
Sodium (g)	1170mg	231mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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