



KOREAN CHICKEN TACOS

with Pickled Onion & Lemon Aioli



Make a cheat's pickled onion



Garlic



Chicken Breast



Red Onion



Carrot



Cos Lettuce



Long Red Chilli (Optional)



Lemon



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots

Hands-on: 25 mins
Ready in: 30 mins

Eat me early

Spicy (optional long red chilli)

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

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

BEFORE YOU START

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

- **medium frying pan**



1 MARINATE THE CHICKEN

Finely 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.



2 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.



3 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!



5 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.



6 SERVE UP

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!

2 | 4 PEOPLE INGREDIENTS

	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	½	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	½	1
mini flour tortillas	6	12
garlic aioli	1 tub (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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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