

# Korean Chicken Tacos

with Pickled Onion & Lemon Aioli



Red Onion



Carrot



Cos Lettuce Leaves



Long Red Chilli (Optional)



Lemon



Garlic



Chicken Breast



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots



Hands-on: **25-35 mins**  
Ready in: **30-40 mins**



**Eat Me Early**



Spicy (optional long red chilli)

A lip-smackingly good combo of garlic, soy and honey makes for some seriously tender chicken breast. Give it the taco treatment by adding lemon aioli and crisp salad ingredients, all wrapped up in soft flour tortillas for a fiesta with a Korean twist.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey

## 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 |
| red onion                          | ½               | 1               |
| vinegar* (white wine or rice wine) | ¼ cup           | ½ cup           |
| carrot                             | 1               | 2               |
| cos lettuce leaves                 | 1 medium bag    | 1 large bag     |
| long red chilli (optional)         | ½               | 1               |
| lemon                              | ½               | 1               |
| garlic                             | 1 clove         | 2 cloves        |
| chicken breast                     | 1 small packet  | 1 large packet  |
| soy sauce*                         | 2 tbs           | ¼ cup           |
| honey*                             | 1 tbs           | 2 tbs           |
| mini flour tortillas               | 6               | 12              |
| garlic aioli                       | 1 packet (50g)  | 1 packet (100g) |
| crispy shallots                    | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3248kJ (776Cal) | 547kJ (130Cal) |
| Protein (g)      | 41.2g           | 6.9g           |
| Fat, total (g)   | 38.8g           | 6.5g           |
| - saturated (g)  | 5.4g            | 0.9g           |
| Carbohydrate (g) | 58g             | 9.8g           |
| - sugars (g)     | 19.1g           | 3.2g           |
| Sodium (mg)      | 1242mg          | 209mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

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## Pickle the onion

Thinly slice the **red onion** (see ingredients). Combine the **onion**, **vinegar** and a generous pinch of **salt** and **sugar** in a small bowl. Add just enough **water** to cover the **onion**, stir to coat and set aside.

**TIP:** If you don't like pickled onion, you can cook the onion in step 4 with the chicken.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Using tongs, pick up the **chicken**, allowing any excess marinade to drip back into the bowl. Transfer the **chicken** to the pan and cook, tossing, until browned and cooked through, **3-4 minutes** each side. Add the **honey-soy mixture**, then remove the pan from the heat, tossing the **chicken** to coat.

**TIP:** Cook the chicken in batches if your pan is getting crowded. This will ensure it stays tender!

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Prep the veggies

Grate the **carrot**. Shred the **cos lettuce leaves**. Thinly slice the **long red chilli** (if using). Slice the **lemon** into wedges. In a medium bowl, combine the **carrot**, **lettuce**, **chilli** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Toss to coat. Set aside.



## Warm the tortillas

Microwave the mini **flour tortillas** on a plate for **10 second** bursts, until warmed through. In a small bowl, combine the **garlic aioli** and a generous squeeze of **lemon juice**.



## Prep the chicken

Finely chop the **garlic**. Slice the **chicken breast** into 1cm-thick strips. In a small bowl, combine the **garlic**, **soy sauce** and **honey**. Add the **chicken**, tossing to coat.



## Serve up

Drain the pickled onion. Spread some lemon aioli over the tortillas and top with the veggies, Korean chicken and pickled onion. Sprinkle with the **crispy shallots**. Serve with any remaining lemon wedges.

## Enjoy!

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