



Plant-Based Crumbed Chick'n Tacos

with Creamy Slaw & Sweet Chilli Sauce

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Apple



Plant-Based Crumbed Chicken



Slaw Mix



Plant-Based Mayonnaise



Mini Flour Tortillas



Sweet Chilli Sauce



Crispy Shallots



Plant-Based Crumbed Chicken

Prep in: 15-25 mins
Ready in: 20-30 mins

Plant Based

This crowd-pleasing recipe comes together in four simple steps, with minimal hands-on time. While the juicy crumbed chick'n gets lovely and golden in the pan, all you have to do is toss the slaw and pop the tortillas in the microwave. Complete the dish with a drizzle of sweet chilli sauce, plus a sprinkle of crispy shallots for extra crunch.

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

Pantry items

Olive Oil, Rice Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
apple	1	2
rice wine vinegar*	¼ cup	½ cup
plant-based crumbed chicken	1 packet	2 packets
slaw mix	1 small bag	1 large bag
plant-based mayonnaise	1 packet	2 packets
mini flour tortillas	6	12
sweet chilli sauce	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3489kJ (834Cal)	724kJ (173Cal)
Protein (g)	23.3g	4.8g
Fat, total (g)	46.8g	9.7g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	82.3g	17.1g
- sugars (g)	25.6g	5.3g
Sodium (mg)	1537mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4805kJ (1148Cal)	812kJ (194Cal)
Protein (g)	37.8g	6.4g
Fat, total (g)	66.3g	11.2g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	101.3g	17.1g
- sugars (g)	26.7g	4.5g
Sodium (mg)	2314mg	391mg

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



1



Pickle the cucumber

- Thinly slice **cucumber** into half-moons. Cut **apple** into thin sticks.
- In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

3



Prep the slaw & tortillas

- Meanwhile, in a second medium bowl, combine **apple**, **slaw mix**, **plant-based mayonnaise**, a splash of **pickling liquid** and a drizzle of **olive oil**. Toss to coat. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook plant-based chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based crumbed chicken** until just browned, **2-3 minutes** each side. Transfer to a plate-towel lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook crumbed chick'n, as above, in batches for best results.

4



Serve up

- Drain pickled cucumber. Roughly chop plant-based chicken.
- Build your tacos by filling each tortilla with a helping of creamy slaw, pickled cucumber and plant-based chicken.
- Drizzle over **sweet chilli sauce**. Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate