

Quick Caribbean-Spiced Chicken Tacos

with Charred Pineapple Slaw & BBQ Mayo

Grab your Meal Kit with this symbol



Pineapple Slices



Spring Onion



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



BBQ Mayo



Chicken Thigh



Greek-Style Yoghurt



Pre-Chopped Onion



Slaw Mix



Chicken Breast

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

Eat Me Early

Loaded with juicy chicken thigh and classic Caribbean flavours, this is our kind of weeknight meal - and one the kids will happily help out with before devouring. Hot tip: don't skimp on the slaw - the charred pineapple adds a sweetness and tang that will have you going back for more.

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

Pantry items

Olive Oil, White Wine Vinegar

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 |
| pineapple slices | 1 tin | 2 tins |
| spring onion | 1 stem | 2 stems |
| chicken thigh | 1 small packet | 1 large packet |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| slaw mix | 1 small bag | 1 large bag |
| mild Caribbean jerk seasoning | 1 medium sachet | 1 large sachet |
| pre-chopped onion | 1 medium bag | 1 large bag |
| mini flour tortillas | 6 | 12 |
| BBQ mayo | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2947kJ (704Cal) | 497kJ (119Cal) |
| Protein (g) | 45.6g | 7.7g |
| Fat, total (g) | 24.6g | 4.1g |
| - saturated (g) | 5.3g | 0.9g |
| Carbohydrate (g) | 70.7g | 11.9g |
| - sugars (g) | 26.4g | 4.5g |
| Sodium (mg) | 1537mg | 259mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2916kJ (697Cal) | 492kJ (118Cal) |
| Protein (g) | 46.4g | 7.8g |
| Fat, total (g) | 23.4g | 3.9g |
| - saturated (g) | 5g | 0.8g |
| Carbohydrate (g) | 70.7g | 11.9g |
| - sugars (g) | 26.3g | 4.4g |
| Sodium (mg) | 1534mg | 259mg |

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](https://www.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

2022 | CW38



1



Get prepped

- Drain **pineapple slices**. Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.
- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Remove **pineapple** from pan and roughly chop. Transfer to a medium bowl.

Custom Recipe: If you've swapped to chicken breast, cut it into 2cm chunks.

3



Flavour & cook the chicken

- In a second medium bowl, combine **mild Caribbean jerk seasoning** with a drizzle of **olive oil**. Add **chicken**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **pre-chopped onion**, tossing, until chicken is browned and cooked through (when no longer pink inside), **4-5 minutes**.

Little cooks: Help toss the chicken in the marinade. Make sure to wash your hands well afterwards!

Custom Recipe: Flavour and cook the chicken breast the same way as above.

2



Make the slaw

- To the bowl with the **pineapple**, add **Greek-style yoghurt** and a drizzle of **white wine vinegar**. Season with **salt** and **pepper** to taste.
- Add **slaw mix** and **spring onion**, then toss to coat.

Little cooks: Take the lead by tossing the slaw!

4



Serve up

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.
- Spread a thin layer of **BBQ mayo** over each tortilla. Fill with pineapple slaw and Caribbean-spiced chicken. Garnish with spring onion to serve. Enjoy!

Little cooks: Show them how it's done and help build the tacos!

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