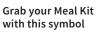


Dinner - Sichuan Chicken Tacos Lunch - Chicken Salad with Sesame Dressing







Hands-on: 35-45 mins Ready in: 35-45 mins Spicy (optional long red chilli)

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Eat Me Early

Cook a delish dinner as usual, then put a new spin on the recipe to create something different for tomorrow's lunch. The mildly-spiced chicken works a treat as a tacos filling for dinner, and then as a protein for a portable salad, complete with a creamy sesame dressing.

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

		2 People	4 People		
	olive oil*	refer to method	refer to method		
	cucumber	1	2		
	chicken breast	2 small packets	1 small packet & 1 large packet		
	sweet potato	1	1		
	Sichuan garlic paste	1 packet	2 packets		
	mayonnaise	1 packet (40g)	1 packet (100g)		
	Japanese dressing	1 packet	2 packets		
	mini flour tortillas	6	12		
	slaw mix	1 large bag	1 extra large bag		
	crispy shallots	1 medium packet	1 large packet		
	snow peas	1 small bag	1 small bag		
	long red chilli (optional)	1	1		
	sesame dressing	1 packet (30g)	1 packet (30g)		
	roasted peanuts	2 medium packets	2 medium packets		
	* Devete - Marine				

*Pantry Items

Nutrition Dinner

Diffier		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3450kJ (825Cal)	732kJ (175Cal)
Protein (g)	47.3g	10.0g
Fat, total (g)	43.0g	9.1g
 saturated (g) 	7.4g	1.6g
Carbohydrate (g)	57.8g	12.3g
- sugars (g)	13.0g	2.8g
Sodium (g)	1190mg	252mg
Lunch	0	0
Avg Qty	Per Serving	Per 100g
Avg Qty Energy (kJ)	Per Serving 3320kJ (792Cal)	Per 100g 628kJ (150Cal)
Avg Qty Energy (kJ) Protein (g)	3320kJ (792Cal) 47.1g	628kJ (150Cal) 8.9g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	3320kJ (792Cal) 47.1g 47.7g	628kJ (150Cal) 8.9g 9.0g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	3320kJ (792Cal) 47.1g 47.7g 7.2g	628kJ (150Cal) 8.9g 9.0g 1.4g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	3320kJ (792Cal) 47.1g 47.7g 7.2g 39.8g	628kJ (150Cal) 8.9g 9.0g 1.4g 7.5g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	3320kJ (792Cal) 47.1g 47.7g 7.2g	628kJ (150Cal) 8.9g 9.0g 1.4g

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.

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Get prepped

Slice the **cucumber** into thin sticks, then set aside. Cut the chicken breast into thin strips.



Bake the sweet potato

Preheat the oven to 240°C/220°C fan-forced. Cut the sweet potato into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with salt and pepper. Toss to coat, then bake until tender, 20-25 minutes. Set aside until you're ready to make lunch.



Cook the chicken

While the sweet potato is baking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the chicken strips until browned and cooked through, **4-5 minutes**. Remove the pan from the heat and add the Sichuan garlic paste. Season, then toss to coat.

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



Prep the mayo & tortillas

While the chicken is cooking, combine the mayonnaise with the Japanese dressing in a small bowl. When the chicken is done, microwave the mini flour tortillas on a plate in 10 second bursts, until warm.



Serve up dinner

Set aside two portions of chicken (about 1 cup) and most of the slaw mix for tomorrow's lunch. Spread the tortillas with some Japanese mayo, then fill with the remaining slaw mix, remaining Sichuan chicken and the cucumber. Sprinkle with **crispy** shallots to serve.



Make lunch

When you're ready to pack lunch, trim and thinly slice the **snow peas**. Thinly slice the **long red chilli** (if using). Divide the **sesame dressing** between two reusable containers. Top with the sweet potato, reserved chicken, slaw mix and snow peas. Add the chilli and roasted peanut packets. Refrigerate. When you're ready to serve lunch, toss the salad, then sprinkle with the roasted peanuts. Season to taste.

TIP: Packing the dressing on the bottom keeps the salad crisp overnight!

Enjoy!