



Dinner - Sichuan Chicken Tacos

Lunch - Chicken Salad with Sesame Dressing

Grab your Meal Kit with this symbol



Cucumber



Chicken Breast



Sweet Potato



Sichuan Garlic Paste



Mayonnaise



Japanese Dressing



Mini Flour Tortillas



Slaw Mix



Crispy Shallots

For your lunch



Snow Peas



Long Red Chilli (Optional)



Sesame Dressing



Roasted Peanuts



Hands-on: 35-45 mins
Ready in: 35-45 mins



Eat Me Early



Spicy (optional long red chilli)

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.

Pantry items

Olive Oil

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

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

*Pantry Items

Nutrition

Dinner

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3320kJ (792Cal)	628kJ (150Cal)
Protein (g)	47.1g	8.9g
Fat, total (g)	47.7g	9.0g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	39.8g	7.5g
- sugars (g)	26.9g	5.1g
Sodium (mg)	557mg	106mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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Get prepped

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



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.



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.



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.



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.



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!