



Tandoor Chicken Tacos with Spinach & Salsa

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3588kJ (857Cal) | Protein 55.2g | Fat, total 37g - saturated 11.9g | Carbohydrate 68.1g - sugars 22.3g | Sodium 1526mg

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Get ready

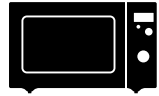
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 pkt	1 pkt
Garlic Paste	1 pkt	2 pkts
Tandoor Curry Sauce	1 medium pkt	2 medium pkts

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.

1. Sizzle



Chicken Tenderloins



Garlic Paste



Mumbai Spice Blend



Tandoor Curry Sauce

2. Chop



Cucumber



Cherry Tomatoes



Lime



Mint

3. Zap



Mini Flour Tortillas



Baby Spinach Leaves



Roasted Peanut Cashew Mix

- Heat **olive oil** in frying pan over high heat
- Cook **chicken**, tossing, until browned and cooked through, **4-5 mins**
- Add **garlic paste** and **spice blend** and toss to coat, **1 min**. Transfer to a plate
- Return pan to heat
- Heat **tandoor sauce** until bubbling, **1-2 mins**

- Meanwhile, chop **cucumber** and halve **tomatoes**
- Cut **lime** into wedges
- In a bowl, combine **cucumber** and **tomatoes** with a good squeeze of **lime juice**
- Drizzle with **oil**, season and toss

- Microwave **tortillas** for **10 second** bursts, until warmed through
- Chop **chicken**
- Fill **tortillas** with **spinach**, **chicken** and **salsa**
- Drizzle with **tandoor sauce**
- Top with torn **mint** and sprinkle with **nut mix**

