



# Indian 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 3616kJ (864Cal) | Protein 55.6g | Fat, total 37.6g - saturated 12.4g | Carbohydrate 68.7g - sugars 23.5g | Sodium 1524mg  
The quantities provided above are averages only.

Contact us | [hellofresh.com.au/contact](https://hellofresh.com.au/contact)  
2021 | WK27 | W



# 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	1 pkt
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](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.

## 1. Sizzle



Chicken Tenderloins



Garlic Paste



Mumbai Spice Blend



Tandoor Curry Sauce

## 2. Chop



Cucumber



Cherry Tomatoes



Lemon

## 3. Zap



Mini Flour Tortillas



Baby Spinach Leaves



Mint



Roasted Peanut Cashew Mix

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

- Chop **cucumber**. Halve **tomatoes**
- Cut **lemon** into wedges
- In a bowl, combine **cucumber** and **tomatoes** with **lemon juice**
- Drizzle with **oil**, season and toss

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

