



Crumbed Plant-Based Chick'n & Slaw Tacos

with Avocado Salsa & Chipotle Mayo

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Avocado



Tomato



Mild Chipotle Sauce



Plant-Based Mayo



Shredded Cabbage Mix



Plant-Based Crumbed Chicken Tenders



Mini Flour Tortillas



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins
Ready in: 15-25 mins

Plant Based

May we introduce your new vegetarian friendly favourite, the plant-based chick'n taco. Golden and glowing, the chipotle mayo combo really brings out the best in this dish and goes nicely with slaw, all put together in a warm taco. Delish!

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

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1	2
tomato	1	2
mild chipotle sauce	1 medium packet	1 large packet
plant-based mayo	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
plant-based crumbed chicken tenders	1 packet	2 packets
mini flour tortillas	6	12
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4262kJ (1019Cal)	885kJ (212Cal)
Protein (g)	33.3g	6.9g
Fat, total (g)	66.4g	13.8g
- saturated (g)	12.8g	2.7g
Carbohydrate (g)	66.1g	13.7g
- sugars (g)	8g	1.7g
Sodium (mg)	1504mg	312mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6257kJ (1495Cal)	991kJ (237Cal)
Protein (g)	55.8g	8.8g
Fat, total (g)	98.2g	15.6g
- saturated (g)	16.8g	2.7g
Carbohydrate (g)	91g	14.4g
- sugars (g)	9.5g	1.5g
Sodium (mg)	2358mg	373mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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



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1



Get prepped

- Slice **avocado** in half, scoop out flesh and finely chop. Finely chop **tomato**.
- In a medium bowl, combine **avocado**, **tomato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.
- In a small bowl, combine **mild chipotle sauce** and **plant-based mayo**. Set aside.

3



Cook the plant-based chick'n

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate. Roughly chop the **tenders**.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook in batches for the best results.

2



Toss the slaw

- In a second medium bowl, combine **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season and set aside.

4



Serve up

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Bring everything to the table to serve.
- Fill the tortillas with some slaw, avocado salsa and crumbed chick'n, then drizzle over chipotle mayo. Enjoy!

Rate your recipe

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