



# Plant-Based Chick'n & Slaw Tacos

with Sriracha Mayo & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Spring Onion



Sriracha



Plant-Based Mayo



Plant-Based Crumbed Chicken Tenders



Shredded Cabbage Mix



Mini Flour Tortillas



Coriander



Plant-Based Crumbed Chicken Tenders

Prep in: 15-25 mins  
Ready in: 20-30 mins

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

Plant Based

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
sriracha	1 medium packet	1 large packet
plant-based mayo	1 medium packet	1 large packet
plant-based crumbed chicken tenders	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
coriander	1 packet	1 packet
plant-based crumbed chicken tenders**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3519kJ (841Cal)	817kJ (195Cal)
Protein (g)	31.9g	7.4g
Fat, total (g)	46.2g	10.7g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	70.7g	16.4g
- sugars (g)	10.1g	2.3g
Sodium (mg)	1662mg	386mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5514kJ (1318Cal)	950kJ (227Cal)
Protein (g)	54.4g	9.4g
Fat, total (g)	78g	13.4g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	95.6g	16.5g
- sugars (g)	11.6g	2g
Sodium (mg)	2516mg	433mg

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](https://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

2024 | CW16



1



## Get prepped

- Grate **carrot**. Thinly slice **spring onion**.
- In a small bowl, combine **sriracha** and **plant-based mayo**.

3



## Make the slaw

- Meanwhile, combine **shredded cabbage mix**, **carrot**, **spring onion**, the **soy sauce** and a drizzle of **vinegar** and **olive oil** in a medium bowl. Season to taste.
- Microwave **mini flour tortillas** in **10 second** bursts, until warmed through.

2



## 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.

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

4



## Serve up

- Slice the plant-based chick'n.
- Bring everything to the table to serve. Fill tortillas with slaw and plant-based crumbed chick'n.
- Drizzle over sriracha mayo. Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)