

Plant-Based Chick'n & Slaw Tacos

with Sriracha Mayo & Spring Onion

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol







Spring Onion



Sriracha





Plant-Based



Shredded Cabbage

Crumbed Chicken Tenders









Coriander

Tortillas

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

Plant Based

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!





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
olive oil*	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
soy sauce*	1 tsp	2 tsp
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

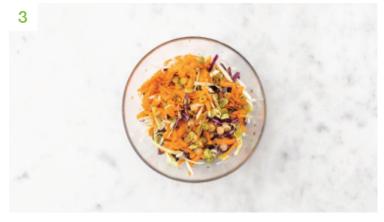
Scan here if you have any questions or concerns





Get prepped

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



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.



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.



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!



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