



# Caribbean Chicken Tacos with Slaw & Mango Mayo

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



### Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**Nutrition Per Serving:** Energy 3056kJ (730Cal) | Protein 41.5g | Fat, total 29.2g - saturated 8.1g | Carbohydrate 75.6g - sugars 24.4g | Sodium 1617mg  
The quantities provided above are averages only.

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2022 | WK11 | U



# 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 Breast**      **1 pkt**      **1 pkt**

**Slaw Mix**      **1 bag (150g)**      **1 bag (300g)**

## 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.

## 1. Sizzle



Pineapple Slices



Chicken Breast



Mild Caribbean Jerk Seasoning

## 2. Toss



Lime



Herb



Cucumber



Slaw Mix

## 3. Zap



Mini Flour Tortillas



Mango Mayo

- Drain and chop **pineapple**. Cut **chicken breast** into 2cm strips
- In a bowl, combine **seasoning, chicken** and a drizzle of **olive oil**
- Heat **oil** in frying pan over high heat
- Cook **chicken** and **pineapple**, tossing, until cooked through, **6-7 mins**

- Cut **lime** into wedges. Thinly slice **herbs**
- Roughly chop **cucumber**
- In a second bowl, combine **slaw mix, herbs, cucumber** and a squeeze of **lime juice**
- Add a drizzle of **oil**, season and toss

- Microwave **tortillas** for **10 second** bursts, until warm
- Spread **mango mayo** over **tortillas**
- Chop **chicken**
- Fill **tortillas** with **slaw, chicken** and **pineapple**
- Serve with any remaining **lime wedges**

