



Dinner - Asian Chicken Tacos with Crispy Shallots
Lunch - Asian Chicken Salad with Sesame Dressing

Grab your Meal Kit with this symbol 



Kumara



Cucumber



Chicken Breast



Sesame Seeds



Mayonnaise



Sichuan Garlic Paste



Mini Flour Tortillas



Japanese Dressing



Slaw Mix



Crispy Shallots

FOR YOUR LUNCH



Pear



Long Green Chilli (optional)



Roasted Peanuts

DINNER
 Hands-on: **35-45 mins**
 Ready in: **40-50 mins**
 Spicy (optional long green chilli)

LUNCH
 Ready in: **10 mins**
 Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual then create a new twist on the recipe to create something different for lunch the next day! First, you'll have tasty Asian chicken tacos with a crisp slaw, then you can pack up a nutty chicken salad for a satisfying lunch. Extra delicious!

Pantry items

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

Before you start

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 will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	1
cucumber	1 (medium)	1 (large)
chicken breast	1 large packet	1 small packet & 1 large packet
sesame seeds	1 sachet	1 sachet
mayonnaise	1 packet (100g)	2 packets (140g)
sesame oil*	2 tsp	2 tsp
soy sauce*	1½ tsp	1½ tsp
sugar*	1 tsp	1 tsp
rice wine vinegar* (or white wine vinegar)	1 tsp	1 tsp
Sichuan garlic paste	1 packet (80g)	1½ packets (120g)
mini flour tortillas	6	12
Japanese dressing	1 packet (30g)	2 packets (60g)
slaw mix	1 bag (300g)	1 bag (400g)
crispy shallots	1 packet	2 packets
pear	1	1
long green chilli (optional)	1	1
roasted peanuts	2 packets	2 packets

*Pantry Items

Nutrition

	PER SERVING	PER 100G
DINNER		
Energy (kJ)	3390kJ (811Cal)	736kJ (176Cal)
Protein (g)	45.0g	9.8g
Fat, total (g)	42.5g	9.2g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	57.8g	12.5g
- sugars (g)	13.0g	2.8g
Sodium (mg)	1180mg	256mg
LUNCH		
Energy (kJ)	3320kJ (792Cal)	628kJ (150Cal)
Protein (g)	47.1g	8.9g
Fat, total (g)	47.7g	9.0g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	39.8g	7.5g
- sugars (g)	26.9g	5.1g
Sodium (mg)	557mg	106mg

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.

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DINNER



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Place the **kumara** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with salt and pepper. Toss to coat, then roast until tender, **25-30 minutes**. Set aside until you're ready to make lunch. While the kumara is roasting, thinly slice the **cucumber** into batons. Slice the **chicken breast** into 1cm strips.

TIP: Cut the kumara to the correct size so it cooks in the allocated time!



4. Heat the tortillas

While the chicken is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through. In a small bowl, combine the **remaining mayonnaise** with the **Japanese dressing**. Set aside.



2. Make the sesame dressing

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add **50g of mayonnaise**, the **sesame oil**, **soy sauce**, **sugar** and **rice wine vinegar** to the bowl with the toasted **sesame seeds**. Whisk together until combined, then set aside until you're ready to make lunch.



5. Serve up dinner

Set aside **2 portions of chicken** (about **1 cup**) and most of the **slaw mix** until you're ready to make lunch. Build your tacos by spreading the **tortillas** with some **Japanese mayo**, then adding a helping of the **remaining slaw mix**, **Asian chicken**, **cucumber** and a sprinkling of **crispy shallots**.



3. Cook the chicken

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2 the chicken** and cook, tossing, until cooked through, **4-5 minutes**. Transfer to a plate to rest, then repeat with the **remaining chicken**. Remove the pan from the heat and add the **Sichuan garlic paste** (see **ingredients list**). Return the **chicken** to the pan with a **pinch of salt** and **pepper** and toss to coat.

LUNCH



6. Make lunch

When you're ready to pack lunch. Thinly slice the **pear**. Thinly slice the **long green chilli** (if using). Divide the **sesame dressing** between two reusable containers. Top with the roasted **kumara**, reserved **chicken**, reserved **slaw mix**, **pear**, **chilli** (if using) and **roasted peanut** packets. Refrigerate. At lunchtime, toss to coat the salad in the **sesame dressing** and sprinkle with the **roasted peanuts**. Season to taste.

Enjoy!