

# Chermoula Chicken Tacos

with Quick-Pickled Onion & Herby Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Carrot



Cos Lettuce



Chicken Breast



Chermoula Spice Blend



Greek-Style Yoghurt



Dill & Parsley Mayonnaise



Mini Flour Tortillas



Parsley

 Hands-on: 15-25 mins  
Ready in: 20-30 mins

Few things look as colourful as these tacos – with the much loved chermoula-spiced chicken inside no less! The real star of this dish is the dill and parsley-flecked mayo. There’s a herby hint amidst the expected creaminess of mayonnaise that works perfectly with each element in tonight’s dish and also means you’re in for a burst of flavour.

### Pantry items

Olive Oil, Rice 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
cos lettuce	½	1
chicken breast	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
mini flour tortillas	6	12
parsley	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3065kJ (732Cal)	484kJ (115Cal)
Protein (g)	49.2g	7.8g
Fat, total (g)	33.9g	5.4g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	59g	9.3g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1424mg	225mg

## 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



## Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar**, **water** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.

2



## Prep the veggies

Finely chop the **garlic**. Roughly chop the **tomato**. Grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients). Cut the **chicken breast** into 1cm strips. In a large bowl, combine the **garlic**, **chermoula spice blend**, the **salt** and 1/2 the **Greek-style yoghurt**. Add the **chicken** and toss to coat.

3



## Make the herby yoghurt

In a medium bowl, combine the **dill & parsley mayonnaise** and remaining **yoghurt**. Season to taste. Set aside.

4



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken strips**, tossing occasionally, until browned and cooked through, **3-4 minutes**.

**TIP:** Don't worry if the spice blend chars a little – this adds to the flavour!

5



## 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.

6



## Serve up

Roughly chop the **parsley** leaves. Drain the pickled onion. Bring everything to the table to serve. Spread the herby yoghurt over the tortillas, then top with some lettuce, tomato, carrot, chermoula chicken and quick-pickled onion. Garnish with the parsley.

Enjoy!