

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

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

 Eat Me Early

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 (100g) | 1 large packet (150g) |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |
| mini flour tortillas | 6 | 12 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3052kJ (729Cal) | 527kJ (126Cal) |
| Protein (g) | 45.1g | 7.8g |
| Fat, total (g) | 36.9g | 6.4g |
| - saturated (g) | 9g | 1.6g |
| Carbohydrate (g) | 55.6g | 9.6g |
| - sugars (g) | 12.8g | 2.2g |
| Sodium (mg) | 1437mg | 248mg |

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.

1



Pickle the onion

- Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch the onion in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside.

3



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**.
- Meanwhile, microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

2



Get prepped

- Finely chop the **garlic**. Roughly chop the **tomato**. Grate the **carrot**. Shred the **cos lettuce** (see ingredients). Cut the **chicken breast** into 2cm 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.
- In a medium bowl, combine the **dill & parsley mayonnaise** and remaining **yoghurt**. Season to taste. Set aside.

4



Serve up

- Drain the pickled onion. Spread the tortillas with the herby yoghurt, then top with some cos lettuce, tomato, carrot and chermoula chicken.
- Garnish with the pickled onion to serve.

Enjoy!