

Korean-Style Chicken Tacos

with Pickled Onion, Crispy Shallots & Lemony Aioli

Grab your Meal Kit with this symbol



Garlic



Chicken Breast



Red Onion



Carrot



Cos Lettuce



Long Green Chilli (Optional)



Lemon



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

 Eat me early

 Spicy (optional long green chilli)

A lip-smackingly good combo of garlic, soy and honey makes for some seriously tender and totally delicious chicken. Give it the taco treatment by adding lemony aioli, bright homemade pickled onion and fresh salad ingredients, all wrapped up in soft flour tortillas for a Korean-style fiesta!

Pantry items

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

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
garlic	1 clove	2 cloves
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
chicken breast	1 packet	1 packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long green chilli (optional)	½	1
lemon	½	1
mini flour tortillas	8	16
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	610kJ (145Cal)
Protein (g)	48.1g	8.7g
Fat, total (g)	32.1g	5.8g
- saturated (g)	8.9g	1.6g
Carbohydrate (g)	77.2g	13.9g
- sugars (g)	21.6g	3.9g
Sodium (mg)	1784mg	322mg

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.



Get prepped

Finely chop the **garlic**. In a medium bowl, combine the **garlic, soy sauce** and **honey**. Slice the **chicken breast** into 1cm-thick strips.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, in batches, tossing, until browned and cooked through, **3-4 minutes**. Remove the pan from the heat, then return all the **chicken** back to the pan. Pour in the **honey-soy marinade** and turn to coat.

TIP: Cook the onion with the chicken if you prefer!

TIP: Don't worry if the chicken chars a little – this adds flavour!



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **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 until serving.

TIP: If you're not a fan of pickled onion, you can cook it in step 4 with the chicken!



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 second small bowl, combine the **garlic aioli** and a generous squeeze of **lemon juice**.



Prep the veggies

Grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients). Thinly slice the **long green chilli** (if using). Slice the **lemon** into wedges. In a second medium bowl, combine the **carrot, lettuce, chilli** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and toss to coat. Set aside.



Serve up

Drain the pickled onion. Bring everything to the table to serve. Spread some lemony aioli over the tortillas, then top with some salad, Korean-style chicken and pickled onion. Spoon the remaining honey-soy marinade over the chicken and sprinkle with the **crispy shallots**. Serve with any remaining lemon wedges.

Enjoy!