



SPEEDY ASIAN CHICKEN TACOS

with Slaw & Crushed Peanuts



Cook an Asian inspired taco!



Carrot



Cucumber



Coriander



Garlic



Lemon



Chicken Thigh



Shredded Cabbage Mix



Mayonnaise



Sesame Seeds



Mini Flour Tortillas



Crushed Peanuts

Hands-on: 20 mins
Ready in: 30 mins

Eat me early

Save time at dinner and still end up with a tasty spread of delicious flavours! Tender chicken in a honey-soy glaze gets loaded into these fun tacos, along with a creamy slaw and crunchy nuts. You're in for a family feast!

Pantry Staples: Olive Oil, Rice Wine Vinegar, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Grate the **carrot** (unpeeled). Thinly slice the **cucumber** into half-moons. Roughly chop the **coriander**. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** into wedges. Cut the **chicken thigh** into 2cm chunks.



2 MAKE THE SLAW

In a large bowl, combine the **carrot** and **shredded cabbage mix**. Add the **mayonnaise**, **salt** and **1/2 the rice wine vinegar**. Toss to coat just before serving. **TIP:** *This prevents the slaw from going soggy!*



3 MAKE THE HONEY-SOY GLAZE

In a small bowl, combine the **garlic**, **sesame seeds**, **soy sauce**, **honey** and the **remaining rice wine vinegar**.



4 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large pan over a high heat. Add the **chicken thigh** and cook until browned, **3-4 minutes**. Reduce the heat to medium-high, add the **honey-soy glaze** and cook, stirring, until thickened and the **chicken** is cooked, **4-5 minutes**. Transfer to a bowl along with any **remaining glaze** from the pan.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through.



6 SERVE UP

Take everything to the table. Build your tacos by adding the slaw to the tortillas and topping with the cucumber and chicken. Garnish with the coriander, sprinkle over the **crushed peanuts** and serve with the lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
cucumber	1
coriander	1 bunch
garlic	2 cloves
lemon	1
chicken thigh	1 packet
shredded cabbage mix	1 bag (300g)
mayonnaise	2 packets (140g)
salt*	½ tsp
rice wine vinegar*	4 tsp
sesame seeds	1 sachet
soy sauce*	¼ cup
honey*	2½ tbs
mini flour tortillas	12
crushed peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3370kJ (804Cal)	688kJ (164Cal)
Protein (g)	42.3g	8.6g
Fat, total (g)	43.3g	8.8g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	57.5g	11.8g
- sugars (g)	14.9g	3.1g
Sodium (g)	1010mg	207mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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