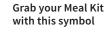


Easy Sticky Peri-Peri Chicken Tacos with Garlic Aioli & Cucumber-Tomato Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Thigh

Seasoning



Sweet Chilli



Sauce

Mini Flour



Garlic Aioli

Tortillas





Prep in: 10-20 mins Ready in: 15-25 mins

Eat Me Early



Loaded with juicy chicken thigh and classic peri-peri flavours, this is our kind of weeknight meal - and one the kids will happily help out with before devouring.

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
cucumber	1	2		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
peri-peri seasoning	1 sachet	2 sachets		
sweet chilli sauce	1 small packet	1 medium packet		
mixed salad leaves	1 medium bag	1 large bag		
white wine vinegar*	drizzle	drizzle		
mini flour tortillas	6	12		
garlic aioli	1 medium packet	1 large packet		
haloumi**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (650Cal)	608kJ (145Cal)
Protein (g)	45.9g	10.3g
Fat, total (g)	26.8g	6g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	52.5g	11.7g
- sugars (g)	14.1g	3.2g
Sodium (mg)	1170mg	262mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3870kJ (925Cal)	721kJ (172Cal)
Protein (g)	63g	11.7g
Fat, total (g)	49.6g	9.2g
- saturated (g)	18.2g	3.4g
Carbohydrate (g)	53.7g	10g
- sugars (g)	15.1g	2.8g
Sodium (mg)	2205mg	411mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



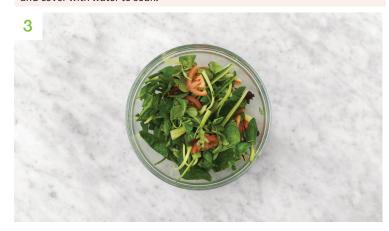


Get prepped

- Slice tomato into half-moons. Slice cucumber into thin sticks. Cut chicken thigh into strips.
- In a medium bowl, combine chicken, peri-peri seasoning, a pinch of salt, and a drizzle of olive oil.

Little cooks: Help toss the chicken in the peri-peri seasoning.

Custom Recipe: If you've added haloumi, in a medium bowl, place haloumi and cover with water to soak.



Toss the salad

 In a second medium bowl, combine mixed salad leaves, cucumber, tomato and a drizzle of white wine vinegar and olive oil. Season.

Little cooks: Take the lead by tossing the salad!

Custom Recipe: Wipe out frying pan. Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. Return frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken, tossing, until browned and cooked through, 5-6 minutes each side.
- Remove from heat, then add sweet chilli sauce and a splash of water, tossing to coat.

TIP: Chicken is cooked through when it is no longer pink inside.



Serve up

- Microwave mini flour tortillas on a plate in 10-second bursts until warmed through.
- · Roughly chop chicken.
- Spread **garlic aioli** on each tortilla, then fill with cucumber-tomato salad and sticky peri-peri chicken.
- Drizzle over any remaining pan glaze to serve. Enjoy!

Custom Recipe: Spread garlic aioli on each tortilla, then fill with salad, haloumi and sticky peri-peri chicken.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate