



Easy Sticky Peri-Peri Chicken Tacos

with Garlic Aioli & Cucumber-Tomato Salad

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Cucumber



Chicken Thigh



Peri-Peri Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Mini Flour Tortillas



Garlic Aioli



Haloumi

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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.

4



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.

Rate your recipe

Did we make your tastebuds happy?

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