



Dinner - Asian Chicken Tacos

Lunch - Chicken Salad with Sesame Dressing



Grab your Meal Kit with this symbol



Sweet Potato



Cucumber



Chicken Breast



Sesame Seeds



Mayonnaise



Sichuan Garlic Paste



Mini Flour Tortillas



Japanese Dressing



Slaw Mix



Crispy Shallots

FOR YOUR LUNCH



Snow Peas



Long Red Chilli (Optional)



Roasted Peanuts

DINNER

Hands-on: **35-45** mins
Ready in: **35-45** mins



Eat me early

LUNCH

Ready in: **10** mins



Spicy (optional long red chilli)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day. First, you'll have tasty Asian chicken tacos with a crisp slaw, then you can pack up a nutty chicken salad for lunch. Extra delicious!

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Sugar, Rice Wine Vinegar (or White 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

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|--------------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 1 | 1 |
| cucumber | 1 | 2 |
| chicken breast | 1 large packet | 1 large & 1 small packet |
| sesame seeds | 1 sachet | 1 sachet |
| mayonnaise | 1 packet (100g) | 2 packets (140g) |
| sesame oil* | 2 tsp | 2 tsp |
| soy sauce* | 1½ tsp | 1½ tsp |
| sugar* | 1 tsp | 1 tsp |
| rice wine vinegar* (or white wine vinegar) | 1 tsp | 1 tsp |
| Sichuan garlic paste | 1 packet (80g) | 1½ packets (120g) |
| mini flour tortillas | 6 | 12 |
| Japanese dressing | 1 tub (30g) | 2 tubs (60g) |
| slaw mix | 1 bag (300g) | 1 bag (400g) |
| crispy shallots | 1 packet | 2 packets |
| snow peas | 1 bag (100g) | 1 bag (100g) |
| long red chilli (optional) | 1 | 1 |
| roasted peanuts | 2 packets | 2 packets |

*Pantry Items

Nutrition

| DINNER | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3330kJ (796Cal) | 724kJ (173Cal) |
| Protein (g) | 46.9g | 10.2g |
| Fat, total (g) | 41.0g | 8.9g |
| - saturated (g) | 7.5g | 1.6g |
| Carbohydrate (g) | 55.8g | 12.1g |
| - sugars (g) | 11.1g | 2.4g |
| Sodium (g) | 966mg | 210mg |

| LUNCH | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3300kJ (787Cal) | 665kJ (159Cal) |
| Protein (g) | 51.6g | 10.4g |
| Fat, total (g) | 48.5g | 9.8g |
| - saturated (g) | 7.4g | 1.5g |
| Carbohydrate (g) | 32.8g | 6.6g |
| - sugars (g) | 19.0g | 3.8g |
| Sodium (mg) | 730mg | 147mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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DINNER



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**. Set aside until you're ready to make lunch. While the sweet potato is roasting, slice the **cucumber** into thin batons. Slice the **chicken breast** into 1cm strips.



4. 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 warm. In a small bowl, combine the remaining **mayonnaise** with the **Japanese dressing**.



2. Make the sesame dressing

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add **50g of mayonnaise**, the **sesame oil**, **soy sauce**, **sugar** and **rice wine vinegar**. Whisk together until combined, then set aside until you're ready to make lunch.



5. Serve up dinner

Set aside **2 portions of chicken (about 1 cup)** and most of the **slaw mix** until you're ready to make lunch. Build the tacos by spreading the **tortillas** with a **little Japanese mayo**, then adding a helping of the **remaining slaw mix**, **Asian chicken**, **cucumber** and a sprinkling of **crispy shallots**.



3. Cook the chicken

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2 the chicken** and cook, tossing, until cooked through, **4-5 minutes**. Transfer to a plate to rest. Repeat with the **remaining chicken**. Remove the pan from the heat and add the **Sichuan garlic paste (see ingredients list)**. Return the **chicken** to the pan with a **pinch of salt** and **pepper** and stir to coat.



6. Make lunch

When you're ready to pack lunch, trim and thinly slice the **snow peas**. Thinly slice the **long red chilli** (if using). Divide the sesame dressing between two reusable containers. Top with the **roasted sweet potato**, **reserved chicken**, **reserved slaw mix**, **snow peas**, **chilli** (if using) and **roasted peanut packets**. Refrigerate. When you're ready to serve lunch, toss to coat the salad in the **dressing** and sprinkle with the **roasted peanuts**. Season to taste with **salt** and **pepper**.

TIP: Packing the dressing on the bottom keeps the salad crisp overnight!

Enjoy!