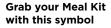


# **Dinner -** Asian Chicken Tacos Lunch - Chicken Salad with Sesame Dressing







Cucumber





Chicken Breast

Sesame Seeds





Sichuan Garlic Paste

Mayonnaise



Mini Flour



Tortillas



Slaw Mix



Japanese Dressing

**Crispy Shallots** 

#### FOR YOUR LUNCH



**Snow Peas** 



Long Red Chilli (Optional)



**Roasted Peanuts** 



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

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

Nutrition		rana y items
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		
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## 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.



## 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.



### 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.



#### 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.



## 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.



## 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!