



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**

LUNCH

Ready in: **10 mins**



Spicy (optional long red chilli)



Eat me early

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

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Sugar, Rice 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
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
mayonnaise	1 packet (100g)	2 packets (140g)
Sichuan garlic paste	1 packet	1½ packets
mini flour tortillas	6	12
Japanese dressing	1 tub	2 tubs
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)	3450kJ (825Cal)	732kJ (175Cal)
Protein (g)	47.3g	10.0g
Fat, total (g)	43.0g	9.1g
- saturated (g)	7.4g	1.6g
Carbohydrate (g)	57.8g	12.3g
- sugars (g)	13.0g	2.8g
Sodium (g)	1190mg	252mg
Lunch	Per Serving	Per 100g
Energy (kJ)	3320kJ (792Cal)	628kJ (150Cal)
Protein (g)	47.1g	8.9g
Fat, total (g)	47.7g	9.0g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	39.8g	7.5g
- sugars (g)	26.9g	5.1g
Sodium (mg)	557mg	106mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW04



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place 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. Slice the **cucumber** into thin sticks. Cut the **chicken breast** into 1cm strips.



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**.



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 **sesame oil**, **soy sauce**, **sugar**, **rice wine vinegar** and 50g of **mayonnaise**. Whisk together until combined, then set aside until you're ready to make lunch.



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 topping with the remaining **slaw mix**, **Sichuan garlic chicken**, **cucumber** and a sprinkling of **crispy shallots**.



Cook the chicken

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



Prepare your 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 **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.

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

Enjoy!