



CHICKEN & CABBAGE SLAW TACOS

with Mango Mayonnaise



Master a mess-free method for marinating chicken



Red Cabbage



Lemon



Free-Range Chicken Thigh



Tomato



Coriander



Long Red Chill (Optional)



Mini Flour Tortillas



Mild Mexican Spice Blend



Mango Mayonnaise

Pantry Staples



Olive Oil



Salt



Plain Flour

Hands-on: **30** mins
Ready in: **35** mins

Eat Me Early

Spicy (optional long red chilli)

These tacos are bursting at the seams with fresh flavours, but our favourite element has to be the mango mayonnaise that tops off this one-handed delight.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large bowl, plastic bag, medium frying pan, microwave** or **sandwich press** and a **spoon**.



1 GET PREPPED

Finely slice the **red cabbage**. Slice the **lemon** into wedges. Slice the **free-range chicken thigh** into 1 cm thick strips. Dice the **tomato**. Pick the **coriander** leaves. Finely slice the **long red chilli (if using)**.



2 MAKE THE CABBAGE SLAW

In a large bowl, combine the **red cabbage** and a **good drizzle of olive oil**. Squeeze over the juice from **1/2 of the lemon wedges** and season with a **pinch of salt** and **pepper**. Set aside. **TIP:** Adding lemon juice to the cabbage helps it to soften.



3 COAT THE CHICKEN

Place the **plain flour**, the **mild Mexican spice blend** and the **salt (use suggested amount)** in a plastic bag and shake to combine. Add the **chicken strips** to the bag and shake again to coat the chicken in the spice. **TIP:** Shaking the chicken in a plastic bag helps it to coat evenly and prevents mess.



4 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Once hot, add the **chicken strips** and cook, turning regularly, for **5-6 minutes**, or until golden and cooked through.



5 HEAT THE TORTILLAS

While the chicken is cooking, place the **mini flour tortillas** on a plate in the microwave or in the sandwich press for **10 seconds**, or until heated through.



6 SERVE UP

Divide the mini tortillas between plates and top with the cabbage slaw, chicken strips and diced tomato. Sprinkle over the coriander and add a dollop of **mango mayonnaise**. Top with the long red chilli (if using) and serve the remaining lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red cabbage	1 portion
lemon	1
free-range chicken thigh	1 packet
tomato	2
coriander	1 bunch
long red chill (optional)	1
plain flour	¼ cup
mild Mexican spice blend	1 sachet (1 tbs)
salt*	½ tsp
mini flour tortillas	12
mango mayonnaise	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3430kJ (820Cal)	761kJ (182Cal)
Protein (g)	42.9g	9.5g
Fat, total (g)	46.7g	10.4g
saturated (g)	7.9g	1.8g
Carbohydrate (g)	54.1g	12.0g
sugars (g)	6.2g	1.4g
Sodium (mg)	586mg	130mg

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