



Crumbed Chicken Tacos with Avocado & Parmesan

FRESH & FAST Box to plate: 15 mins Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4590kJ/1100Cal | Protein 47.4g | Fat, total 60.3g - saturated 10.3g | Carbohydrate 89.7g - sugars 4.8g | Sodium 1360mg
For allergens and ingredient information: Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Contact us | Hello@HelloFresh.com.au
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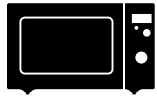
Get ready

Wash your fruit and veggies first!

You'll need
(along with the basics)



Large Frying Pan

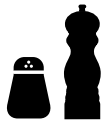


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Crumbed Chicken Tenderloins	1 pkt	2 pkts
Creamy Pesto Dressing	1 pkt (100g)	2 pkts (200g)
Grated Parmesan Cheese	1 pkt (30g)	2 pkts (60g)

1. Sizzle



Crumbed Chicken Tenderloins

2. Chop



Cos Lettuce Leaves



Tomato



Avocado

3. Zap



Mini Flour Tortillas



Creamy Pesto Dressing



Grated Parmesan Cheese

- Heat a frying pan with enough **olive oil** to cover the base over a medium-high heat
- Shake off excess crumbs and cook **chicken** until golden and cooked, **3-4 mins** each side
- **Season** generously and set aside

- Meanwhile, shred **lettuce**
- Chop **tomato**
- Slice **avocado**

- Now, zap **tortillas** in microwave for **10 second bursts**, until warm
- Top **tortillas** with **pesto dressing**, **veggies** and **chicken**
- Finish with **Parmesan**

