



Korean Chicken Tacos

with Pickled Onion & Lime Aioli

Grab your Meal Kit
with this symbol



Red Onion



Carrot



Cos Lettuce



Long Red Chilli
(Optional)



Lime



Garlic



Chicken Breast



Mini Flour
Tortillas



Garlic Aioli



Crispy Shallots



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Spicy (optional
long red chilli)



Eat me early

A lip-smackingly good combo of garlic, soy and honey makes for some seriously tender and totally delicious chicken. Give it the taco treatment by adding lime aioli and crisp salad ingredients, all wrapped up in soft flour tortillas for a Korean-style fiesta!

Pantry items

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

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long red chilli (optional)	½	1
lime	½	1
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
mini flour tortillas	6	12
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3502kJ (836Cal)	633kJ (151Cal)
Protein (g)	43.1g	7.8g
Fat, total (g)	42.8g	7.7g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	62.7g	11.3g
- sugars (g)	21.4g	3.9g
Sodium (mg)	1497mg	270mg

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.

1



Pickle the onion

Thinly slice the **red onion** (see ingredients). Combine the **onion**, **vinegar** and a generous pinch of **salt** and **sugar** in a small bowl. Add just enough water to cover the **onion**, then stir to coat the **onion** in the pickling liquid. Set aside until serving.

TIP: If you don't like pickled onion you can cook the onion in step 4 with the chicken.

2



Prep the veggies

Grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients). Thinly slice the **long red chilli** (if using). Slice the **lime** (see ingredients) into wedges. In a medium bowl, combine the **carrot**, **lettuce**, a squeeze of **lime juice** and **chilli**. Season with **salt** and **pepper** and toss to coat. Set aside.

3



Prep the chicken

Finely chop the **garlic**. Slice the **chicken breast** into 1cm-thick strips. In a small bowl, combine the **garlic**, **soy sauce** and **honey**. Add the **chicken** and toss to coat.

4



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add **chicken** using tongs (leaving the marinade in the bowl). Cook, tossing, until browned and cooked through, **2-3 minutes** (cook in batches if your pan is getting crowded). Add the **soy sauce marinade** to the pan and cook, tossing, until bubbling. Remove from the heat.

5



Warm 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 warmed through. In a small bowl, combine the **garlic aioli** and a generous squeeze of **lime juice**.

6



Serve up

Drain the pickled onion. Bring everything to the table to serve. Spread some lime aioli over the tortillas and top with the salad, Korean chicken and quick pickled onion. Sprinkle with **crispy shallots**.

Enjoy!