

Korean-Style 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 chicken breast. Give it the taco treatment by adding citrusy aioli and crisp salad ingredients, all wrapped up in soft flour tortillas for a fiesta with a Korean twist.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3239kJ (774Cal)	545kJ (130Cal)
Protein (g)	44.2g	7.4g
Fat, total (g)	39.3g	6.6g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	61.6g	10.4g
- sugars (g)	20.4g	10.4g
Sodium (mg)	1246mg	210mg

The quantities provided above are averages only.

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.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid**. Add just enough **water** to cover the **onion**. Set aside.

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



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes** (cook in batches if your pan is getting crowded). Add the **honey-soy mixture**, then remove the pan from the heat, tossing the **chicken** to coat.

TIP: Cooking the chicken in batches over a high heat keeps it tender.

TIP: Chicken is cooked through when it's no longer pink inside.



Prep the veggies

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



Prep the tortillas & aioli

Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through. In a small bowl, combine the **garlic aioli** and a generous squeeze of **lime juice**.



Prep the chicken & sauce

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



Serve up

Drain the pickled onion. Spread some lime aioli over the tortillas and top with the veggies, Korean-style chicken and pickled onion. Sprinkle with **crispy shallots** and drizzle with the remaining aioli. Serve with any remaining lime wedges.

Enjoy!

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