



# Korean-Style Chicken Tacos

with Pickled Onion & Lemon Aioli

Grab your Meal Kit with this symbol



Red Onion



Carrot



Cucumber



Long Chili (Optional)



Lemon



Mixed Salad Leaves



Garlic



Mini Flour Tortillas



Crispy Shallots



Chicken Breast



Garlic Aioli



Japanese Tofu

Prep in: 25-35 mins  
Ready in: 30-40 mins

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 a tangy aioli, bright homemade pickled onion and fresh salad ingredients, all wrapped up in soft flour tortillas for a Korean-meets-Mexican fiesta!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
red onion	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
cucumber	1	2
long chilli 🌶️ (optional)	½	1
lemon	½	1
mixed salad leaves	1 small bag	1 medium bag
garlic	1 clove	2 cloves
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
chicken breast	1 small packet	1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
Japanese tofu**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3049kJ (729Cal)	573kJ (137Cal)
Protein (g)	44.2g	8.3g
Fat, total (g)	37.1g	7g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	58.7g	11g
- sugars (g)	20.1g	3.8g
Sodium (mg)	1220mg	229mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3057kJ (731Cal)	654kJ (156Cal)
Protein (g)	27.7g	5.9g
Fat, total (g)	42.2g	9g
- saturated (g)	6.7g	1.4g
Carbohydrate (g)	62.8g	13.4g
- sugars (g)	21g	4.5g
Sodium (mg)	1434mg	307mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Pickle the onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add to the **pickling liquid**. Add just enough **water** to cover **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 high heat.
- Cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes** (cook in batches if your pan is getting crowded).
- Add **honey-soy mixture**, then remove pan from heat, tossing **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.

**Custom Recipe:** In the frying pan, heat a drizzle of olive oil over medium-high heat. Cook tofu, tossing, until browned and warmed through, 3-4 minutes. Add honey-soy mixture, as above.



## Prep the veggies

- Grate **carrot**. Thinly slice **cucumber** into sticks. Thinly slice **long chilli** (if using). Slice **lemon** into wedges.
- In a medium bowl, combine **carrot**, **mixed salad leaves**, **chilli** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Toss to coat, then set aside.



## Prep the tortillas & aioli

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Meanwhile, combine **garlic aioli** and a generous squeeze of **lemon juice** in a small bowl.



## Prep the sauce & chicken

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

**Custom Recipe:** If you've swapped to Japanese tofu, cut the tofu into 2cm chunks. Continue as above.



## Serve up

- Drain pickled onion.
- Spread some lemon aioli over each tortilla, then top with veggies, Korean-style chicken, cucumber and pickled onion.
- Sprinkle with **crispy shallots** and drizzle with remaining lemon aioli.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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