



# Mumbai-Spiced Chicken Tacos with Cucumber Salsa

**FRESH & FAST**

Box to plate: 15 mins

Eat Me Early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2791kJ (667Cal) | Protein 52.5g | Fat, total 22.4g - saturated 4.4g | Carbohydrate 56.9g - sugars 15.1g | Sodium 2191mg  
The quantities provided above are averages only.

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2022 | WK17 | W



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts
Mild Curry Paste	1 medium pkt	1 large pkt
Greek-Style Yoghurt	1 medium pkt	1 large pkt

## 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.

## 1. Sizzle



Chicken Tenderloins



Garlic Paste



Mild Curry Paste



Mumbai Spice Blend



Greek-Style Yoghurt

## 2. Chop



Cucumber



Tomato



Lime

## 3. Zap



Mini Flour Tortillas



Mixed Leaves



Herbs



Roasted Peanuts

- Heat **olive oil** in frying pan over high heat
- Cook **chicken**, tossing, until browned and cooked through, **4-5 mins**
- Add **garlic paste**, **curry paste** and **spice blend**. Toss to coat, **1-2 mins**
- Remove pan from heat
- Stir in **yoghurt**, turning **chicken** to coat

- Finely chop **cucumber** and **tomato**
- Cut **lime** into wedges
- In a bowl, combine **cucumber**, **tomato** and a squeeze of **lime juice**
- Drizzle with **oil**. Season, then toss

- Microwave **tortillas** for **10 second** bursts, until warmed through
- Chop **chicken**
- Fill **tortillas** with **mixed leaves**, **chicken** and **salsa**
- Drizzle with **sauce** from pan
- Top with torn **herbs** and **roasted peanuts**
- Serve with remaining **lime wedges**

