



RUSTIC ITALIAN CHICKEN TACOS

with Creamy Parmesan Dressing



Make a creamy Parmesan dressing



Red Onion



Garlic



Cos Lettuce



Tomato



Cucumber



Chicken Breast



Rustic Herb Spice Blend



Grated Parmesan Cheese



Mayonnaise



Dijon Mustard



Mini Flour Tortillas

Hands-on: 30 mins
Ready in: 30 mins

Eat me early

For our latest invention, you start with flavourful herbed chicken, add crisp lettuce and a creamy Parmesan dressing and pop the whole thing in soft flour tortillas. It's just like a chicken Caesar salad, but our version is extra filling and you can use your hands to enjoy it. We say it's win-win!

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium frying pan** • **large frying pan** • **sandwich press** or **microwave oven**



1 GET PREPPED

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce**. Thinly slice the **tomato** into half-moons. Thinly slice the **cucumber** into batons. Slice the **chicken breast** into 1cm strips.



2 CARAMELISE THE ONION

Heat a **drizzle of olive oil** in a medium frying pan over a medium heat. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water (for the onion)** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Remove the pan from the heat and set aside.



3 COOK THE CHICKEN

While the onion is cooking, combine the **garlic**, **rustic herb spice blend**, **plain flour** and **salt** in a medium bowl. Add the **chicken** and toss to coat. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add **1/2** the chicken and cook, tossing regularly, until browned and cooked through, **4-5 minutes**. Transfer to a plate lined with paper towel. Repeat with the remaining chicken, adding more oil if needed.



4 MAKE THE DRESSING

Combine the **grated Parmesan cheese**, **mayonnaise**, **Dijon mustard**, **water (for the dressing)** and **2 tsp olive oil** in a small bowl.
TIP: If you don't like mustard, add a little at a time and taste as you go. Season to taste with **salt** and **pepper**. Mix well and set aside. In a medium bowl, place the **cos lettuce** and **1 tbs** of the Parmesan dressing. Toss to coat.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Divide the dressed cos lettuce, tomato and cucumber between tortillas. Top with the chicken and caramelized onion. Spoon over the remaining Parmesan dressing.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	2
garlic	2 cloves
cos lettuce	1 bag
tomato	2
cucumber	1
chicken breast	1 packet
balsamic vinegar*	2 tbs
water* (for the onion)	1 tbs
brown sugar*	3 tsp
rustic herb spice blend	2 sachets
plain flour*	1 tbs
salt*	1 tsp
grated Parmesan cheese	1 packet (30 g)
mayonnaise	1 tub (100 g)
Dijon mustard	1 tub (15 g)
water* (for the dressing)	3 tsp
mini flour tortillas	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (741Cal)	613kJ (147Cal)
Protein (g)	50.3g	9.9g
Fat, total (g)	32.2g	6.4g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	56.1g	11.1g
- sugars (g)	11.0g	2.2g
Sodium (g)	1160mg	230mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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