



Speedy Teriyaki Chicken Tacos

with Creamy Slaw

Grab your Meal Kit
with this symbol



Cucumber



Coriander



Garlic



Chicken Thigh



Slaw Mix



Mayonnaise



Sesame Seeds



Teriyaki Sauce



Mini Flour
Tortillas



Hands-on: **10-20** mins
Ready in: **20-30** mins



Eat me early

Save time at dinner and still end up with a tasty spread of delicious flavours! Tender chicken in a teriyaki glaze gets loaded into these fun tacos, along with a creamy slaw and crisp cucumber. You're in for a family feast!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

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
cucumber	1	2
coriander	1 bag	1 bag
garlic	1 clove	2 cloves
chicken thigh	1 small packet	1 large packet
slaw mix	1 bag (200g)	1 bag (400g)
mayonnaise	1 packet (100g)	2 packets (200g)
salt*	¼ tsp	½ tsp
rice wine vinegar*	1 tsp	2 tsp
sesame seeds	½ sachet	1 sachet
soy sauce*	1 tsp	2 tsp
teriyaki sauce	½ sachet	1 sachet
mini flour tortillas	6	12

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3640kJ (869Cal)	681kJ (162Cal)
Protein (g)	43.6g	8.2g
Fat, total (g)	50.2g	9.4g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	55.6g	10.4g
- sugars (g)	15.6g	2.9g
Sodium (mg)	1707mg	319mg

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.



1. Get prepped

Thinly slice the **cucumber** into half-moons. Roughly chop the **coriander**. Finely chop the **garlic** (or use a garlic press). Cut the **chicken thigh** into 2cm chunks.



2. Make the slaw

In a large bowl, combine the **slaw mix**, **mayonnaise**, the **salt** and the **rice wine vinegar**. Set aside.



3. Make the teriyaki glaze

In a small bowl, combine the **garlic**, **sesame seeds** (see ingredients list), **soy sauce** and **teriyaki sauce** (see ingredients list).



4. Cook the chicken

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **chicken** and cook until browned and cooked through, **5-6 minutes**. Add the **teriyaki glaze** and cook, stirring, until thickened, **1-2 minutes**. Transfer to a bowl along with any **remaining glaze** from the pan.



5. Heat the tortillas

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



6. Serve up

Take everything to the table. Build your tacos by adding the slaw to the tortillas and topping with the cucumber and chicken. Garnish with the coriander.

Enjoy!

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