



Honey Gochujang Chicken Tacos

with Sambal Slaw, Rocket and Peanuts

7

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day



Diced Chicken Thigh



Coleslaw Mix



Rice Vinegar



Sambal Paste



Salted Peanuts



Gochujang Paste



Plain Taco Tortillas



Wild Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Honey, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Thigh**	260g	390g	520g
Coleslaw Mix**	120g	180g	240g
Rice Vinegar	15ml	22ml	30ml
Sambal Paste	15g	22g	30g
Salted Peanuts 1)	25g	40g	50g
Gochujang Paste 11)	30g	50g	60g
Plain Taco Tortillas 13)	6	9	12
Wild Rocket**	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	383g	100g	383g	100g
Energy (kJ/kcal)	3540 / 846	924 / 221	3279 / 784	856 / 205
Fat (g)	45.3	11.8	35.2	9.2
Sat. Fat (g)	7.6	2.0	4.6	1.2
Carbohydrate (g)	69.4	18.1	69.2	18.0
Sugars (g)	18.9	4.9	18.9	4.9
Protein (g)	41.3	10.8	44.2	11.5
Salt (g)	2.49	0.65	2.42	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Fry the Chicken

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Let's Glaze

- Once the **chicken** is cooked, stir the **gochujang paste** and **honey** (see pantry) into the pan.
- Remove from the heat.
- Microwave the **tortillas** for 850W: 50 secs / 750W: 1 min. If you don't have a microwave, just enjoy them cold.



Slaw Time

- Meanwhile, in a bowl, combine the **coleslaw mix**, **rice vinegar**, **sambal paste**, **olive oil** and **sugar** (see pantry for both).
- Season with **salt** and **pepper**. Set aside.
- Crush the **peanuts** in the unopened sachet.



Dinner's Ready!

- Transfer the **tortillas** to your serving plates.
- Spread on the **mayo** (see pantry).
- Top with some **rocket**, **chicken** and **sambal slaw**.
- Sprinkle over the **peanuts** to finish.

Enjoy!