



# Korean Style Gochujang Chicken Tacos

with Baby Gem Slaw

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

7



Diced Chicken Thigh



Baby Gem Lettuce



Coleslaw Mix



Rice Vinegar



Mayonnaise



Plain Taco



Tortillas



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Olive Oil, Honey

### 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
Baby Gem Lettuce**	1	2	2
Coleslaw Mix**	120g	180g	240g
Rice Vinegar	15ml	22ml	30ml
Mayonnaise <b>8) 9)</b>	64g	96g	128g
Plain Taco Tortillas <b>13)</b>	6	9	12
Gochujang Paste <b>11)</b>	30g	50g	60g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	402g	100g	402g	100g
Energy (kJ/kcal)	2905 / 694	722 / 173	2644 / 632	657 / 157
Fat (g)	28.8	7.2	18.7	4.6
Sat. Fat (g)	6.6	1.6	3.6	0.9
Carbohydrate (g)	72.5	18.0	72.2	18.0
Sugars (g)	19.2	4.8	19.2	4.8
Protein (g)	38.1	9.5	40.9	10.2
Salt (g)	2.81	0.7	2.74	0.68

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

## Allergens

**8) Egg 9) Mustard 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, cereals containing 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



1



## Fry 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.

3



## Lets Glaze

- Once the **chicken** is cooked, stir in the **gochujang** and **honey** (see pantry).
- 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.

2



## Slaw Time

- Meanwhile, trim and slice the **baby gem** into strips.
- In a bowl, combine the **baby gem**, **coleslaw mix**, **rice vinegar**, **mayonnaise**, **sugar** and **olive oil** (see pantry for both).
- Season with **salt** and **pepper**. Set aside.

4



## Dinner's Ready!

- Transfer the **tortillas** to your serving plates.
- Top with the **chicken** and **slaw**.

Enjoy!