



Cajun Chicken Tacos and Sweet Chilli Slaw with Sweetcorn Salsa and Rocket

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

16



Sweetcorn



Garlic Clove



Medium Tomato



Diced Chicken Thigh



Cajun Spice Mix



Plain Taco Tortilla



Sweet Chilli Sauce



Coleslaw Mix



Rocket



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Sieve, garlic press, fine grater, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	150g	260g	326g
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Plain Taco Tortilla 13)	6	9	12
Sweet Chilli Sauce**	32g	48g	64g
Coleslaw Mix**	120g	180g	240g
Rocket**	20g	30g	40g
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Ingredients	Per serving	Per 100g
for uncooked ingredient	459g	100g
Energy (kJ/kcal)	3186/762	694/166
Fat (g)	31.9	6.9
Sat. Fat (g)	6.8	1.5
Carbohydrate (g)	77.9	17.0
Sugars (g)	19.5	4.2
Protein (g)	39.1	8.5
Salt (g)	1.93	0.42

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	459g	100g
Energy (kJ/kcal)	2870/686	625/149
Fat (g)	21.0	4.6
Sat. Fat (g)	4.0	0.9
Carbohydrate (g)	77.9	17.0
Sugars (g)	19.5	4.2
Protein (g)	44.6	9.7
Salt (g)	1.93	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Start the Prep

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain the **sweetcorn** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).



Make your Sweetcorn Salsa

- Chop the **tomatoes** into 1cm pieces and pop into a large bowl.
- Add the **olive oil for the salsa** (see ingredients for amount) and **sweetcorn**.
- Season with **salt** and **pepper**, then mix together and set your **salsa** aside.



Cook the Cajun Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside, 7-9 mins.
- Stir in the **Cajun spice mix** and **garlic**, then cook for 1-2 mins more. Remove from the heat.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer 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.



Tortilla Time

- Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Dress the Sweet Chilli Slaw

- Meanwhile, combine the **mayo** (see ingredients for amount) and **sweet chilli sauce** in a medium bowl.
- Add the **coleslaw mix** to the **dressing** and stir well to coat.
- Taste and season with **salt** and **pepper** if needed.



Assemble your Tacos

- When everything is ready, pop the **tortillas** (3 per person) on your plates.
- Top with a handful of the **rocket** and the **Cajun chicken** - as much as you'd like.
- Finish with some **sweet chilli slaw** and a spoonful of the **sweetcorn salsa**. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!