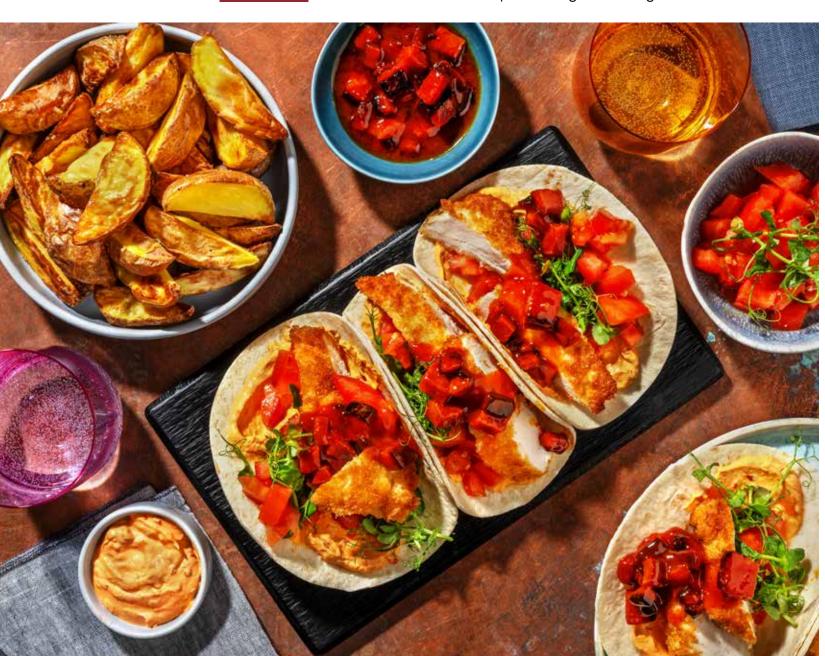


Crispy Chicken Strip Tacos

with Sweet Chilli Chorizo, Chipotle Creme Fraiche and Wedges

Street Food 40-50 Minutes • Medium Spice • 1 of your 5 a day









Potatoes



Sweet Chilli



Panko Breadcrumbs



Chicken Breast



Medium Tomato



Cider Vinegar





Chipotle Paste

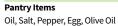


Creme Fraiche

Plain Taco Tortilla



Pea Shoots



Before you start

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

Cooking tools

Baking tray, frying pan, bowl, whisk, baking paper and

Ingredients

9				
Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Chorizo**	60g	90g	120g	
Sweet Chilli Sauce	32g	64g	64g	
Panko Breadcrumbs 13)	50g	75g	100g	
Chicken Breast**	2	3	4	
Medium Tomato	2	3	4	
Cider Vinegar 14)	15ml	22ml	30ml	
Creme Fraiche** 7)	75g	120g	150g	
Chipotle Paste	20g	30g	40g	
Plain Taco Tortilla 13)	6	9	12	
Pea Shoots**	40g	60g	80g	
Pantry	2P	3P	4P	
Water for the Sauce*	100ml	150ml	200ml	
Egg*	1	1	1	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	767g	100g
Energy (kJ/kcal)	4704 /1124	613/147
Fat (g)	41.4	5.4
Sat. Fat (g)	14.9	1.9
Carbohydrate (g)	123.5	16.1
Sugars (g)	16.3	2.1
Protein (g)	67.6	8.8
Salt (g)	3.71	0.48

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

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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.

Contact

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







Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the potatoes into 2cm wide wedges (no need to peel).

Pop them onto a large baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Chorizo Time

Meanwhile, heat a medium frying pan on mediumhigh heat (no oil).

Once hot, add the chorizo and fry until it starts to brown, 3-4 mins.

Once browned, stir in the **sweet chilli sauce** and water for the sauce (see pantry for amount). Bubble until thickened, 3-4 mins, then transfer to a bowl (keep the pan - you'll use it again).



Oh Crumbs

Crack the egg (see pantry for amount) into a medium bowl and whisk.

Put the panko breadcrumbs into another bowl and season with salt and pepper.

Season the **chicken**, then sandwich each **breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2 cm thick.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Cook the Chicken

Clean out the (now empty) frying pan and pop back on high heat. Add enough oil to completely coat the bottom of the pan. TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Once browned, pop the **chicken** onto another baking tray, then bake on the middle shelf until cooked through, 8-10 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle. Discard the oil from the chicken pan.



Tortilla and Topping Time

Meanwhile, cut the **tomato** into 1cm chunks. In a medium bowl, combine the **olive oil for** the dressing (see pantry for amount) and cider vinegar. Season with salt and pepper.

Stir the **tomatoes** into the **dressing**, then set aside. In another small bowl, mix together the **creme** fraiche and chipotle paste (use less if you'd prefer things milder), then set aside.

Just before you're ready to serve, pop the tortillas (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



Finish and Serve

When the **chicken** is ready, cut widthways into strips. Toss the **pea shoots** in the **tomato** bowl.

Lay the warmed tortillas on your plates, then spread over a spoonful of chipotle creme fraiche. Top each with some **pea shoot salad, chicken** strips and a spoonful of sweet chilli chorizo - as much as you'd like.

Serve your tacos with the wedges and remaining **salad** alongside. TIP: Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!