



CHICKEN TOSTADAS

with Slaw and Chipotle Yoghurt



HELLO TORTILLAS

This flatbread's name comes from the Spanish word 'torta' which means round cake.



Diced Chicken Thigh



Baby Gem Lettuce



Coleslaw Mix



Red Wine Vinegar



Chipotle Paste



Natural Yoghurt



Whole Wheat Soft Tortillas



Easy Garlic

MEAL BAG

15 mins

1 of your 5 a day

Medium heat

Rapid recipe

Create a slice of Caribbean heaven in your kitchen with our delicious 15-minute Mexican-inspired chicken tostadas. A great thing to make when you've got friends over, or a fun thing to cook as a mid-week treat, the crispy tostadas are topped with spicy garlic chicken, crunchy baby gem lettuce and coleslaw, and served with a dollop of chipotle yoghurt to keep the flavours fresh. Serve everything up on the table and get everyone to build their own tostadas for a fun, communal-style dinner.

GET **PREPARED!**

Preheat the oven to 220°C.

14

BEFORE YOU START

- Preheat** the oven to **220°C**.
- Wash** the veggies.
- Make sure you've got a **Large Frying Pan** and **Baking Tray**.
Let's start cooking the **Chicken Tostadas with Slaw and Chipotle Yoghurt**.



1 FRY THE CHICKEN

- a) Heat a drizzle of **oil** in a large frying pan on high heat and once hot, add the **diced chicken**. Fry for 10 mins, stirring often.



2 MAKE THE GARNISHES

- a) Meanwhile, trim the **baby gem lettuce**, halve lengthways then thinly slice widthways.
- b) Add the **coleslaw mix** to a small bowl with the **red wine vinegar** and a pinch of **salt** and **pepper**. Set aside.
- c) Add **half** the **chipotle paste** and the **yoghurt** to another small bowl, season and mix well.



3 BAKE THE TORTILLAS

- a) Place the **tortillas** on a large lightly oiled baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**.
- b) Bake on the top shelf of the oven until crispy, 3-4 mins.
- c) Keep an eye on them to avoid burning! These are your **tostadas**.



4 ADD THE FLAVOURS

- a) Once the **chicken** has had 10 mins in the pan and is cooked through, reduce the heat to medium, stir in the **easy garlic** along with the remaining **chipotle paste** and let cook for a final 3 mins. Remove from the heat. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



5 BUILD THE TOSTADAS

- a) Grab the **tostadas** from the oven and pile up one **tostada** per person on plates with the **baby gem lettuce**, **coleslaw**, **chipotle garlic chicken** and **chipotle yoghurt**.



6 DIG IN!

- a) Dig in to the **tostadas** and have the remaining food ready for round two!

Enjoy

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Chicken Thigh *	280g	420g	560g
Baby Gem Lettuce *	1	1½	2
Coleslaw Mix *	1 pack	1½ packs	2 packs
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7) *	1 pouch	1½ pouches	2 pouches
Whole Wheat Soft Tortillas 13)	4	6	8
Easy Garlic *	1 sachet	1½ sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 425G	PER 100G
Energy (kJ/kcal)	2510 / 600	591 / 141
Fat (g)	18	4
Sat. Fat (g)	4	1
Carbohydrate (g)	54	13
Sugars (g)	10	2
Protein (g)	52	12
Salt (g)	2.30	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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