



JUN  
2016

## Smoky Adobo Chicken Tacos

with Mango Slaw & Lime Crema

Adobo sauce makes the perfect one-ingredient marinade - especially if you love deep, smoky flavours. Cool lime crema, creamy avocado, and tangy mango slaw help to balance out the heat in these irresistible tacos.



Prep  
30 min



level 1



nut  
free



spicy



gluten  
free



Chicken Breast



Corn Tortilla



Lime



Sour Cream



Cilantro



Mango



Avocado




Red Onion



Adobo Sauce

## Ingredients

	2 People	4 People	
Chicken Breasts	2	4	
Red Onion, finely chopped	1 pkg	2 pkgs	
Lime	1	2	
Adobo Sauce 	1 jar	1 jar	
Corn Tortillas, 6-in	6	12	
Mango	1	2	
Cilantro	1 pkg	2 pkgs	
Sour Cream <b>1)</b>	1 pkg	2 pkgs	
Avocado	1	2	
Olive or Canola Oil*			

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Medium Bowl, Zester,  
2 Small Bowls, Large Pan

Ruler

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**Nutrition per person** Calories: 801 cal | Carbs: 80 g | Fat: 31 g | Protein: 53 g | Fiber: 12 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep: Wash and dry all produce.** Chop the **cilantro**. Zest and halve the **lime**. Cut a small piece off the larger end of the **mango**. Stand it on your cutting board. Avoiding the flat pit running down the centre of the mango, cut 'cheeks' off around the pit. Remove the meat with a spoon and cut into thin strips.



**2 Make the lime crema:** In a small bowl, combine the **sour cream**, **lime zest** and juice of **half the lime**. Season with **salt** and **pepper**.

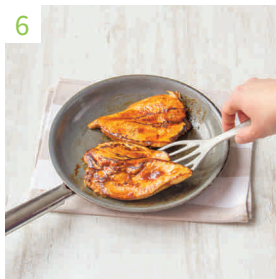
**3 Make the mango slaw:** In a medium bowl, toss together the **mango**, **red onion**, **cilantro** and juice of the **remaining lime**.

**4 Butterfly the chicken breasts:** With one hand on top of the breast, carefully slice into the breast parallel to your hand. Stop before cutting all the way through. Then, open it up like a book and season with **salt** and **pepper** on both sides.



**5 Rub or brush both sides of the butterfly-flying chicken with 1 to 3 tsp of adobo sauce. Careful, it's very spicy!** Brush on less if you prefer less heat.

**6 Cook the chicken:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **chicken** and cook 5-7 minutes per side, until lightly charred and cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)



**7** Meanwhile, wrap the **tortillas** in a damp paper towel and microwave on high for 30 seconds to warm up. Halve, pit and scoop out the **avocado** flesh into a small bowl. Mash with a fork.

**8 Finish and serve:** Thinly slice the **chicken**. Spread the **avocado** onto **tortillas** and top with the **chicken**, **mango slaw** and **lime crema**. Serve the **tacos** with the **remaining mango slaw** to the side. Enjoy!

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