



20-MIN MEAL

BBQ CHICKEN TACOS

with a Creamy Apple Slaw



HELLO FIRSTFRUITS OPAL APPLE

Opal® apples have a crunchy texture, floral aroma, and a sweet, tangy flavor. Incredibly, these sunny fruits don't brown after cutting!



FirstFruits Opal Apple



Scallions



Shredded Red Cabbage



BBQ Sauce



Lime



Sour Cream (Contains: Milk)



Chicken Breast Strips



Flour Tortillas (Contains: Wheat)

PREP: 5 MIN

TOTAL: 20 MIN

CALORIES: 690

START STRONG

Always reach for hot sauce to top your tacos? If you have some, add a dash along with the BBQ sauce in step 4 instead.

BUST OUT

- Zester
- Large bowl
- Paper towels
- Large pan
- Sugar (½ tsp | 1 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- FirstFruits Opal Apple 1 | 1
- Lime 1 | 2
- Scallions 2 | 4
- Sour Cream 2 TBSP | 4 TBSP
- Shredded Red Cabbage 4 oz | 8 oz
- Chicken Breast Strips* 10 oz | 20 oz
- BBQ Sauce 4 TBSP | 8 TBSP
- Flour Tortillas 6 | 12

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREP

Wash and dry all produce. Halve and core **apple**; dice one half into bite-size pieces and other into slices (dice whole apple for 4 servings). Zest and quarter **lime**. Trim and thinly slice **scallions**, separating whites from greens.



2 MAKE SLAW

Squeeze juice from half the **lime** into a large bowl. Stir in **sour cream**, ½ **tsp sugar** (1 tsp for 4 servings), and **lime zest** to taste. Add **diced apple** and half the **cabbage** (you'll use the rest later); toss to combine. Season with **salt** and **pepper**.



3 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add chicken, **scallion whites**, and remaining **cabbage**. Cook, stirring occasionally, until chicken is cooked through, 4-6 minutes.



4 GLAZE CHICKEN

Add **BBQ sauce** to pan; stir until everything is coated. Turn off heat and stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted.



5 WARM TORTILLAS

Wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.



6 SERVE

Divide **chicken mixture** between **tortillas**. Top with **slaw** and **scallion greens**. Serve with **sliced apple**, if you have any, and remaining **lime wedges** on the side.

'CUE FOR YOU

Complete this BBQ mash-up meal with some sweet tea!

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