MARLEY SPOON

Chicken and Pineapple Slaw Tacos

with Lime and Coriander

20-30min 4 Portions

Bring some sunshine to your midweek routine. Use locally grown pineapples to create warm soft tacos bursting with sweet grilled pineapple, juicy chicken and the fresh accents of coriander and lime. Don't be fooled by the green skin of these pineapples, once you cut them open you will see they are ripe and 'pure local gold'.

What we send

- Mexican spice blend
- free-range chicken breast fillets
- flour wraps [1,6,7]
- lime
- pineapple
- coriander
- red cabbage

What you'll require

- olive oil spray
- sea salt and pepper

Utensils

- baking paper
- fine grater
- large frypan
- mandoline (optional)

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip
If preferred, 8 mins before serving, heat a large frypan over medium-high heat. Warm the wraps, individually, in the pan for 30 secs each side until softened. Keep warm covered with a clean tea towel.

Allergens
Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving
Energy 535kcal, Fat 12.8g, Carbs 53.8g, Proteins 45.3g

1. Prepare pineapple

Preheat oven to 220C (see cooking tip). Slice off the **pineapple** skin, then halve lengthwise and remove the core. Slice half the pineapple into 1cm thick slices (see cooking tip). Heat a large frypan, without oil, over medium-high heat. Cook the pineapple for 2-3 mins on both sides until golden. Remove from pan. Reserve the pan.

2. Prepare slaw

Using a sharp knife or a mandolin, finely slice the **cabbage**. Pick the **coriander** leaves, then finely chop the leaves and stems separately. Finely grate the zest of the **limes**, then juice. Put the **pineapple**, cabbage and **chopped coriander leaves** in a bowl, add **lime juice** to taste, season with **salt and pepper**, then stir to combine.

3. Prepare chicken

Put **chicken** flat on a board, placing your hand on top, halve chicken horizontally. Put a large piece of baking paper under the chicken, scatter over the **spice blend** (the blend is spicy so add less if preferred), **chopped coriander stalks**, **lime zest** and season with **salt and pepper**. Fold the paper over the chicken and press down to make the herbs stick.

4. Cook chicken

Spray the reserved pan with **olive oil** (see cooking tip) and heat over medium-high heat. Cook the **chicken** for 3 mins on each side or until golden and cooked through. Rest for 3 mins.

5. Warm wraps

While the chicken is cooking, heat a large frypan over medium-high heat. One at a time, warm the **wraps** in the pan for 30 secs each side until softened. Keep warm, covered with a clean tea towel.

6. Build your tacos

Slice the **chicken**. Divide the **wraps** among plates. Fill the wraps with the **chicken** and **pineapple slaw** and roll up to eat.