



Cooking Made Easy



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Smoky Adobo Chicken Tacos with Mango Slaw & Lime Crema



Chipotle peppers are great and all, but let's not forget about the tangy, fiery sauce that comes along with them. Adobo sauce makes the perfect one-ingredient marinade—especially if you love deep, smoky flavors. Cool lime crema, creamy avocado, and tangy mango slaw help balance out the heat in these irresistible tacos.



40 min



level 2



nut free



spicy



Chicken Breast



Flour Tortillas



Lime



Sour Cream



Cilantro



Mango



Avocado



Red Onion



Chipotles in Adobo

Ingredients	2 People	4 People
Chicken Breast	2	4
Red Onion	1	2
Lime	1	2
Chipotles in Adobo	1 can	2 cans
Flour Tortillas	6	12
Mango	1	2
Cilantro	1 bunch	2 bunches
Sour Cream	2 T	4 T
Avocado	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Peeler, Medium Bowl, 2 Small Bowls, Large Pan, Zester

Ruler

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



1 Preheat oven to 400 degrees (if you have a microwave you can skip this!). Chop the **cilantro**. Zest and halve the **lime**. Halve, peel, and finely chop **half the red onion**. Peel the **mango** with a peeler. Cut around the flat seed, then into ¼-inch slices. Cut the slices into thin strips to create matchsticks. (For more tips on how to work with mangoes, visit: Blog.HelloFresh.com)



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

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

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 **butterflied chicken** with 1 tablespoon of **adobo** (the sauce in the can of **chipotle peppers**). **Careful, it's spicy!** Set aside and reserve chipotle peppers for another time!

6 Heat 1 tablespoon **olive oil** in a large pan over medium-high heat. Add the **chicken** and cook 5-7 minutes per side, until slightly charred and cooked through.



7 While the chicken cooks, wrap the **tortillas** in aluminum foil and place in the oven for 5 minutes to warm. Alternately, wrap the tortillas in a damp paper towel and microwave on high for 30 seconds. Halve, pit, and scoop out the **avocado** flesh into a small bowl. Mash with a fork and season with **salt** and **pepper**.

8 Thinly slice the **chicken**. Spread the **mashed avocado** onto the **tortillas** and top with the **chicken**, **mango slaw**, and **lime crema**.

9 Serve the **tacos** with the **remaining mango slaw** to the side. Enjoy!