



Chicken Al Pastor Tacos

with Pineapple Salsa and Cilantro-Lime Rice

Gourmet Tacos

Spicy

30 Minutes



Chicken Breast
Tenders *
310 g | 620 g



Flour Tortillas
6 | 12



Pineapple
190 g | 380 g



Baby Tomatoes
113 g | 227 g



Cilantro
7 g | 14 g



Mexican
Seasoning
2 tbsp | 4 tbsp



Red Cabbage,
shredded
56 g | 113 g



Jalapeño
1 | 2



Sour Cream
2 | 4



Parboiled Rice
¾ cup | 1 ½ cups



Lime
1 | 2



Feta Cheese,
crumbled
½ cup | 1 cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, preheat broiler to high.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Roughly chop **cilantro**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Quarter **tomatoes**.
- Cut **pineapple** into ½-inch pieces.
- Core, then finely chop **jalapeño**. (TIP: We recommend using gloves when prepping jalapeño.)

3



Broil chicken and pineapple

- Line a baking sheet with foil.
- Add **half the pineapple** to the prepared sheet. Reserve **remaining pineapple** for **salsa**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board.
- Add **chicken**, **Mexican Seasoning** and **1 tbsp** (2 tbsp) **oil** to the sheet with **pineapple**. Season with **pepper**, then toss to coat.
- Arrange in a single layer.
- Broil in the **middle** of the oven until **chicken** is cooked through, 8-12 min.**

4



Make salsa and dress cabbage

- Meanwhile, add **tomatoes**, **half the cilantro**, **remaining pineapple**, as much **jalapeño** as desired, **½ tbsp** (1 tbsp) **lime juice**, **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- To another medium bowl, add **cabbage**, **remaining lime juice** and **¼ tsp** (½ tsp) **sugar**. Season with **salt** and **pepper**, then toss to combine.

5



Make crema

- Combine **sour cream** and **half the lime zest** in a small bowl.
- Just before serving, wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 30 sec-1 min. (TIP: You can skip this step if you don't want to warm the tortillas.)

6



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**, **remaining lime zest** and **remaining cilantro**.
- Divide **tortillas** between plates.
- Top **tortillas** with **cabbage**, **some rice**, **chicken**, **roasted pineapple**, **crema** and **any remaining jalapeños**, if desired.
- Serve **salsa** and **remaining rice** alongside.
- Squeeze a **lime wedge** over top, if desired.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.