

# DINNERLY



## Low-Cal Shredded Chicken Banh Mi Tacos

with Pickled Cukes & Carrots



30min



2 Servings

We at Dinnerly are total banh mi heads. There's a lot to love about the Vietnamese sandwich, from the juicy meat to the crisp and zingy pickled veggies. There's also a lot to love about our low-cal version, because we swapped the bread for tortillas. That's right, anything can be turned into tacos if you put your mind to it. We've got you covered!

## WHAT WE SEND

- 1 cucumber
- 1 carrot
- ½ lb pkg ready to heat shredded chicken
- 2 (½ oz) tamari <sup>6</sup>
- 6 (6-inch) flour tortillas <sup>1,6</sup>

## WHAT YOU NEED

- garlic
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar
- kosher salt & ground pepper
- neutral oil
- mayonnaise <sup>3</sup>

## TOOLS

- medium nonstick skillet
- microwave

## ALLERGENS

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 630kcal, Fat 25g, Carbs 71g, Protein 36g



### 1. Prep veggies

Finely chop **1 teaspoon garlic**.

Peel **cucumber**, halve lengthwise, then scoop out seeds. Cut crosswise into thin half-moons.

Cut **carrot** into thin matchsticks, or halve lengthwise and cut into thin half-moons.



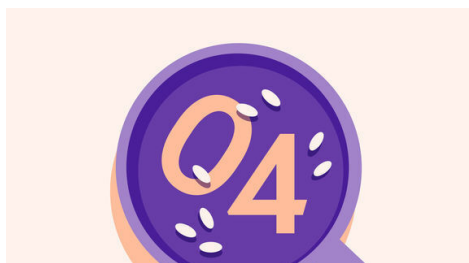
### 2. Pickle veggies

In a medium bowl, whisk together **half of the chopped garlic**, **2 tablespoons vinegar**, **1 tablespoon sugar**, and **½ teaspoon salt**. Add **cucumbers** and **carrots**; let sit until step 5, stirring occasionally.



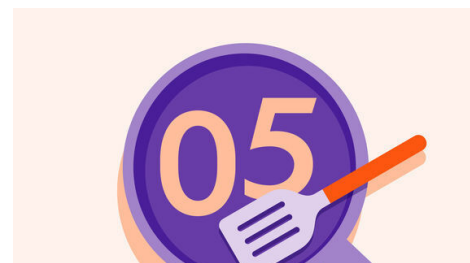
### 3. Make garlic mayo

In a small bowl, stir together **2 tablespoons mayo** and **remaining chopped garlic**. Thin with **1 teaspoon water** at a time until it drizzles from a spoon. Season to taste with **salt** and **pepper**; set aside until step 5.



### 4. Cook chicken

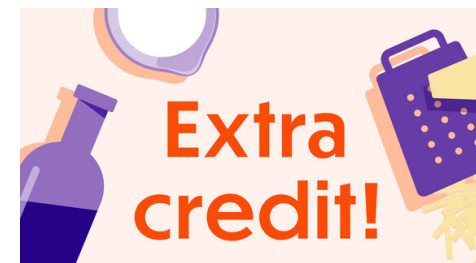
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Break **chicken** into bite-sized pieces and add to skillet. Cook, without stirring, until well browned on one side, 3–5 minutes. Add **all of the tamari** and stir; continue to cook until absorbed, about 1 minute more.



### 5. Warm tortillas & serve

Wrap **tortillas** in a damp paper towel or kitchen towel and microwave until softened, about 30 seconds (or place directly over a gas flame, one at a time, until lightly charred, 20–30 seconds per side).

Fill **tortillas** with **chicken** and top with **pickled veggies** and **garlic mayo**. Enjoy!



### 6. Take it to the next level

We can never have enough toppings, so break out some lime wedges, fresh salsa, and sliced radishes!