



Caribbean Chicken & Corn Tacos with Naked Slaw

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3434kJ (821Cal) | Protein 48.9g | Fat, total 34.7g - saturated 4.9g | Carbohydrate 71.3g - sugars 26.3g | Sodium 2093mg
The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK34 | V



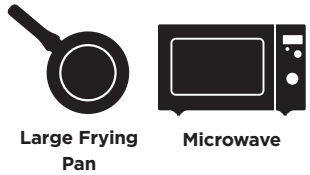
Get ready

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Slaw Mix	1 small bag	1 large bag
Chicken Tenderloins	1 small pkt	2 small pkts OR 1 large pkt
Garlic Paste	1 pkt	2 pkts
Garlic Aioli	1 medium pkt	1 large pkt

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Chop



Sweetcorn



Pineapple Slices



Lemon



Slaw Mix

2. Sizzle



Chicken Tenderloins



Garlic Paste



Mild Caribbean Jerk Seasoning

3. Zap



Mini Flour Tortillas



Garlic Aioli



Baby Spinach Leaves



Coriander

- Drain **corn**
- Drain **pineapple**, then roughly chop
- Cut **lemon** into wedges
- In a bowl, combine **slaw mix** and a good squeeze of **lemon juice**. Drizzle with **olive oil**. Season, then toss

- Heat a large frying pan over high heat with **oil**
- Cook **chicken, corn** and **pineapple**, tossing occasionally, until chicken is cooked through (no longer pink inside), **6-8 mins**
- Add **garlic paste** and **seasoning**. Cook until fragrant, **1-2 mins**

- Microwave **tortillas** in **10 second** bursts, until warm
- Spread **aioli** over tortillas
- Fill **tortillas** with **slaw, chicken mixture** and **spinach leaves**
- Tear over **coriander**. Serve with remaining **lemon wedges**



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