



Popcorn Chicken Tacos

with Cos Lettuce, Parmesan & Mayo

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Baby Cos Lettuce



Tomato



Carrot



Chicken Thigh



Aussie Spice Blend



Cornflour



Mini Flour Tortillas



Mayonnaise



Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 15-25 mins

Eat Me Early

Some popping and finger-licking good times are ahead of you, once this one gets plated up. With a grilled chicken twist on the popcorn chicken, you'll be sure to finish every little bit of this one!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

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 will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby cos lettuce	½ head	1 head
tomato	1	2
carrot	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
cornflour	1 medium sachet	1 large sachet
mini flour tortillas	6	12
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)
Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2938kJ (702Cal)	545kJ (130Cal)
Protein (g)	50.2g	9.3g
Fat, total (g)	28.4g	5.3g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	58.4g	10.8g
- sugars (g)	12g	2.2g
Sodium (mg)	1155mg	214mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3326kJ (795Cal)	570kJ (136Cal)
Protein (g)	57.1g	9.8g
Fat, total (g)	35.2g	6g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	59.2g	10.1g
- sugars (g)	12.5g	2.1g
Sodium (mg)	1585mg	271mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Roughly chop **baby cos lettuce** (see ingredients).
- Roughly chop **tomato**.
- Grate **carrot**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **Aussie spice blend**, **cornflour**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.

Little cooks: Under adult supervision, older kids can help grate the carrot.

3



Bring it together

- While chicken is cooking, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a medium bowl, combine **cos lettuce**, **carrot**, **tomato**, a drizzle of the **white wine vinegar** and **olive oil**. Season to taste and toss to coat.

Little cooks: Take the lead by tossing the salad!

2



Cook chicken

- Heat a large frying pan over medium-high heat, with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess **flour**, add **chicken** to pan and cook, tossing occasionally, until browned and cooked through (when no longer pink inside), **4-6 minutes**. Transfer to a paper towel-lined plate.

Custom Recipe: If you've added diced bacon, cook bacon before chicken. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a plate. Continue as above.

4



Serve up

- Bring everything to the table to serve.
- Fill tortillas with **mayonnaise**, cos lettuce, carrot and tomato salad and popcorn chicken.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

Rate your recipe

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