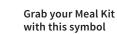


# Popcorn Chicken Tacos with Cos Lettuce, Parmesan & Mayo

NEW

KID FRIENDLY







Baby Cos Lettuce





Carrot





Chicken Thigh





Cornflour

Aussie Spice Blend



Mini Flour



Tortillas





Parmesan Cheese



Mayonnaise

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

the popcorn chicken, you'll be sure to finish every little bit of this one!



# 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

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	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)		

<sup>\*</sup>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)	<b>570kJ</b> (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.



# 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.



# 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!



#### 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.



# 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!

