



# Quick Popcorn Chicken Tacos

with Cos Lettuce, Parmesan & Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Cos Lettuce



Tomato



Carrot



Chicken Tenderloins



Aussie Spice Blend



Cornflour



Mini Flour Tortillas



Mayonnaise



Parmesan Cheese



Chicken Tenderloins

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 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
<b>olive oil*</b>	refer to method	refer to method
baby cos lettuce	½ head	1 head
tomato	1	2
carrot	1	2
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	2 sachets
cornflour	½ medium sachet	1 medium sachet
mini flour tortillas	6	12
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)
Parmesan cheese	1 medium packet	1 large packet
chicken tenderloins**	1 small packets	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2832kJ (677Cal)	701kJ (168Cal)
Protein (g)	48.6g	12g
Fat, total (g)	28.1g	7g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	54.4g	13.5g
- sugars (g)	8.2g	2g
Sodium (mg)	1120mg	277mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3546kJ (848Cal)	623kJ (149Cal)
Protein (g)	85.2g	15g
Fat, total (g)	30.6g	5.4g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	54.6g	9.6g
- sugars (g)	8.2g	1.4g
Sodium (mg)	1190mg	209mg

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](https://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



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## Get prepped

- Roughly chop **baby cos lettuce** (see ingredients).
- Roughly chop **tomato**.
- Grate **carrot**.
- Cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl, combine **Aussie spice blend**, **cornflour** (see ingredients), 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.

**Custom Recipe:** If you've doubled your chicken tenderloins, prepare and season chicken as above.

3



## Bring it all together

- While chicken is cooking, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a second medium bowl, combine **cos lettuce**, **carrot**, **tomato**, a drizzle of **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 and add a pinch of **salt**.

**Custom Recipe:** Cook chicken in batches for best results.

4



## Serve up

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

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)