



# Quick Crumbed Mexican Chicken Tacos

with Garlic Aioli, Sour Cream & Cheddar Cheese

HALL OF FAME

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Baby Cos Lettuce



Tomato



Sweetcorn



Lime



Chicken Breast



Tex-Mex Spice Blend



Panko Breadcrumbs



Mini Flour Tortillas



Garlic Aioli



Light Sour Cream



Cheddar Cheese



Pork Schnitzels

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

Some popping and finger-licking good times are ahead of you, once this one gets plated up. With a Mexican-spiced twist on your 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, Egg

## 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
sweetcorn	1 medium tin	1 large tin
lime	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3747kJ (896Cal)	672kJ (161Cal)
Protein (g)	59.5g	10.7g
Fat, total (g)	38.8g	7g
- saturated (g)	12.9g	2.3g
Carbohydrate (g)	72.4g	13g
- sugars (g)	13.2g	2.4g
Sodium (mg)	1463mg	262mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	683kJ (163Cal)
Protein (g)	52.3g	9.8g
Fat, total (g)	38.3g	7.2g
- saturated (g)	12.8g	2.4g
Carbohydrate (g)	74.1g	13.9g
- sugars (g)	13.5g	2.5g
Sodium (mg)	1782mg	335mg

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



## Get prepped

- Shred **baby cos lettuce** (see ingredients).
- Finely chop **tomato**.
- Drain **sweetcorn**.
- Slice **lime** into wedges.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



## Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base. Add **chicken** and cook until golden (when no longer pink inside), **3-5 minutes** each side. Transfer to a paper towel-lined plate to rest.
- Microwave **mini flour tortillas** on a plate in the microwave for **10-second** bursts, until warmed through.

**TIP:** If your pan is getting crowded, cook in batches for the best results!

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork schnitzel in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



## Crumb the chicken

- To a shallow bowl, add **Tex-Mex spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** in the **spice blend**, followed by the **egg** and finally in the **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over high heat. Add **corn kernels** and cook until lightly browned, **4-5 minutes**. Set aside in a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are “popping” out.

**Custom Recipe:** If you've swapped to pork schnitzel, prepare crumbing mixture as above and crumb pork in the same way as the chicken.



## Serve up

- Slice chicken.
- Bring everything to the table. Fill your tortillas with a helping of **garlic aioli**, **light sour cream**, cos lettuce, tomato, crumbed chicken slices and **Cheddar cheese** and top with the charred corn.
- Squeeze over lime to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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