



Quick Caribbean-Spiced Chicken Tacos

with Pineapple & Corn Salsa

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Pineapple Slices



Sweetcorn



Chicken Breast



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli



Chicken Breast

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

Eat Me Early

We're bringing the flavours of the Caribbean to taco night. For the quintessential experience, team the jerk seasoned chicken with a cheerful pineapple-corn salsa - which boasts crunch, juiciness, sweetness and tang.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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
pineapple slices	½ tin	1 tin
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
vinegar* (white wine or rice wine)	drizzle	drizzle
mini flour tortillas	6	12
mixed salad leaves	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2840kJ (678Cal)	657kJ (157Cal)
Protein (g)	46.8g	10.8g
Fat, total (g)	28.1g	6.5g
- saturated (g)	4.2g	1g
Carbohydrate (g)	55.7g	12.9g
- sugars (g)	14.3g	3.3g
Sodium (mg)	1322mg	306mg
Dietary fibre (g)	8.3g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3556kJ (849Cal)	595kJ (142Cal)
Protein (g)	83.4g	14g
Fat, total (g)	30.6g	5.1g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	55.2g	9.2g
- sugars (g)	13.9g	2.3g
Sodium (mg)	1393mg	233mg
Dietary fibre (g)	8.4g	1.4g

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.

1



Get prepped

- Reserve some juice from **pineapple slices** (2 tsp for 2 people / 1 tbs for 4 people), then drain **pineapple** (see ingredients). Drain **sweetcorn**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **mild Caribbean jerk seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken**, tossing to coat.

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

3



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.
- When chicken is ready, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

Custom Recipe: Cook chicken in batches for best results.

2



Make the salsa

- Heat a large frying pan over high heat. Cook **pineapple** and **corn**, tossing, until browned, **3 minutes**.
- Transfer charred **pineapple** to a chopping board, then roughly chop.
- In a second medium bowl, combine **pineapple**, **corn**, **reserved pineapple juice** and a drizzle of the **vinegar**. Season to taste.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Little cooks: Take the lead by combining the pineapple and the corn.

4



Serve up

- Fill tortillas with **mixed salad leaves**, Caribbean-spiced chicken and pineapple and corn salsa.
- Drizzle with **garlic aioli** to serve. Enjoy

Little cooks: Take charge of assembling the tacos!

We're here to help!

Scan here if you have any questions or concerns



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