



Crumbed Tex-Mex Chicken Tacos

with BBQ Mayo, Tomato Salsa & Cheddar Cheese

KID FRIENDLY

Grab your meal kit with this number

14



Baby Cos Lettuce



Cucumber



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Mini Flour Tortillas



BBQ Mayo



Tomato Salsa



Cheddar Cheese



Diced Bacon



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early

Coat chicken tenders in panko breadcrumbs and mild Tex-Mex spices for a taco filling everyone will want to get their hands on. Add cucumber for juiciness and crunch, BBQ mayo for creaminess, and a ready-made salsa for a touch of sweetness and acidity. It's taco night made extra delicious!

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
cucumber	1	2
Tex-Mex spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
mini flour tortillas	6	12
BBQ mayo	1 medium packet	2 medium packets
tomato salsa	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3434kJ (821Cal)	633kJ (151Cal)
Protein (g)	58.3g	10.7g
Fat, total (g)	30.2g	5.6g
- saturated (g)	9.5g	1.8g
Carbohydrate (g)	74.9g	13.8g
- sugars (g)	12.4g	2.3g
Sodium (mg)	1762mg	325mg
Dietary Fibre (g)	9g	1.7g

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

- Shred **cos lettuce** (see ingredients).
- Slice **cucumber** into thin sticks. Set aside.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a shallow bowl, whisk **Tex-Mex spice blend** and the **egg**. In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** into **egg mixture** and then into **panko breadcrumbs**. Transfer to a plate.

3



Heat the tortillas

- When chicken is done, microwave **mini flour tortillas** in **10 second** bursts, until warmed through.

2



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed chicken** until golden and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

4



Serve up

- Slice crumbed Tex-Mex chicken.
- Fill tortillas with a helping of **BBQ mayo**, **tomato salsa**, lettuce and crumbed chicken slices.
- Top with cucumber and **Cheddar cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

In a frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over tacos.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

