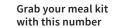


# **Crumbed Tex-Mex Chicken Tacos**

with BBQ Mayo, Tomato Salsa & Cheddar Cheese

KID FRIENDLY







Baby Cos Lettuce



Cucumber



Tex-Mex Spice Blend



Panko Breadcrumbs





Chicken Tenderloins



BBQ Mayo



Tomato Salsa



Cheddar Cheese



Diced Bacon





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



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

9			
	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.



#### 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.



#### 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.



#### Heat the tortillas

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



#### 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!







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



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

