

Quick Caribbean-Spiced Chicken Tacos with Pineapple & Corn Salsa

Grab your meal kit with this number



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

Eat Me Early

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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.

Pantry items Olive Oil, Vinegar (White Wine or Balsamic)

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	
pineapple slices	½ tin	1 tin	
sweetcorn	1 medium tin	1 large tin	
baby spinach leaves	1 medium packet	1 large packet	
brown onion	1/2	1	
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 balsamic)	drizzle	drizzle	
mini flour tortillas	6	12	
garlic aioli	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3018kJ (721Cal)	595kJ (142Cal)
Protein (g)	47.3g	9.3g
Fat, total (g)	27.8g	5.5g
- saturated (g)	4.9g	1g
Carbohydrate (g)	66.6g	13.1g
- sugars (g)	20.6g	4.1g
Sodium (mg)	1273mg	251mg
Dietary Fibre (g)	8.9g	1.8g

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.



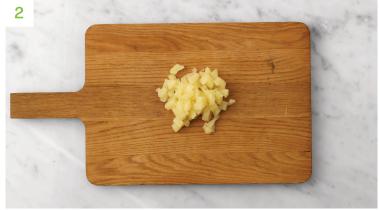
Get prepped

- Reserve some juice from pineapple slices (2 tsp for 2 people / 1 tbs for 4 people), then drain **pineapple (see ingredients)**. Drain **sweetcorn**. Roughly chop baby spinach leaves. Finely chop brown onion (see ingredients).
- · Cut chicken breast into thin strips.
- 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.



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.



Make the salsa

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



Serve up

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

Little cooks: Take charge of assembling the tacos!



SWAP TO CHICKEN TENDERLOINS Cook until browned and cooked through, 4-6 minutes.

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

