



Quick Caribbean-Spiced Chicken Tacos

with Pineapple & Corn Salsa

KID FRIENDLY

Grab your meal kit with this number

2



Pineapple Slices



Sweetcorn



Baby Spinach Leaves



Brown Onion



Chicken Breast



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Garlic Aioli



Chicken Breast



Chicken Tenderloins

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.

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	½	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.

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**. 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.

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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

↻ 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.

