

# Spiced Chicken & Hard Shell Tacos

with BBQ Mayo, Charred Corn Salsa & Cheddar Cheese

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Cucumber



Tomato



Avocado



Chicken Breast



All-American Spice Blend



Corn



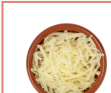
Mini Flour Tortillas



Cheddar Cheese



BBQ Mayo



Cheddar Cheese



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

 Eat Me Early

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! The ultimate in one-handed food, these tacos, loaded with classic American flavours, are best enjoyed cutlery free! Just add some charred corn salsa and BBQ mayo for an unforgettable flavour combo with a little bit of something for everyone.

### Pantry items

Olive Oil, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
tomato	1	2
avocado	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
corn	1 cob	2 cobs
mini flour tortillas	6	12
<b>white wine vinegar*</b>	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
BBQ mayo	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3908kJ (934cal)	289kJ (69cal)
Protein (g)	57.1g	4.2g
Fat, total (g)	45.1g	3.3g
- saturated (g)	11.2g	0.8g
Carbohydrate (g)	72.7g	5.4g
- sugars (g)	20.4g	1.5g
Sodium (mg)	1380mg	102mg
Dietary Fibre (g)	18.8g	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](https://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

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **cucumber** and **tomato**.
- Slice **avocado** (see ingredients) in half, scoop out flesh and dice.
- Cut **chicken breast** into 1 cm strips.
- In a medium bowl, combine **chicken**, **All-American spice blend** and a drizzle of **olive oil**.

**Little cooks:** Help scoop out the avo!



## Cook the chicken

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken strips**, tossing, until browned and cooked through, **4-5 minutes**.

**TIP:** Chicken is cooked through when it is no longer pink inside.



## Char the corn

- Slice kernels off **corn** cob.
- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl. Set aside.

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



## Toss the salsa

- While chicken is cooking, to bowl with charred corn, add **cucumber**, **tomato**, **avocado** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season with **salt** and **pepper**.

**Little cooks:** Take the lead by tossing the salsa!



## Make the hard shell tacos

- Drape **mini flour tortillas** in between wire racks and bake until golden, **8-12 minutes**.



## Serve up

- Build tacos by filling with spiced chicken, **Cheddar cheese** and some charred corn salsa.
- Drizzle over **BBQ mayo**. Serve with any remaining salsa. Enjoy!

**Little cooks:** Work your magic and add the finishing touch by drizzling over the BBQ mayo!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **DOUBLE CHICKEN BREAST**  
Follow method above, cooking in batches if necessary.

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

