



BBQ Crumbed Chicken Tacos

with Charred Corn Salad & Ranch Dressing

TAKEAWAY FAVES

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Everything Garnish



Carrot



Sweetcorn



Mini Flour Tortillas



Mixed Salad Leaves



Ranch Dressing



BBQ Sauce



Peeled Prawns



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Bites of seasoned tasty chicken are filling up these tacos to ensure taco night is as easy to cook as it is to eat. Add a little ranch dressing and BBQ mayo with a bit of veg and you're good to go. It's fun and scrumptious!

Pantry items

Olive Oil, Plain Flour, Egg, 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

Air fryer · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
All-American spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
everything garnish	1 sachet	2 sachets
carrot	1	2
sweetcorn	1 medium tin	1 large tin
mini flour tortillas	6	12
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
BBQ sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3515kJ (840cal)	369kJ (88cal)
Protein (g)	55g	5.8g
Fat, total (g)	26.1g	2.7g
- saturated (g)	5.6g	0.6g
Carbohydrate (g)	90.3g	9.5g
- sugars (g)	22g	2.3g
Sodium (mg)	1639mg	172mg
Dietary Fibre (g)	11.6g	1.2g

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

- Place your hand flat on top of each **chicken breast** and slice through to make two thin steaks. Cut **chicken** into 2cm strips.
- In a shallow bowl, combine the **plain flour** and **All-American spice blend**. In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs**, **everything garnish** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people).
- Dip **chicken** into **flour mixture**, followed by the **egg** and finally into the **breadcrumb mixture**. Set aside on a plate.

TIP: No air fryer? Omit the oil from the crumb.

3



Char the corn

- Meanwhile, grate **carrot**. Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels**, stirring, until lightly browned, **4-5 minutes**. Transfer to a large bowl and set aside to cool.
- Once the corn has slightly cooled, add **carrot**, **mixed salad leaves**, **ranch dressing** and a drizzle of **white wine vinegar**. Toss to coat and season.

TIP: Cover the pan with a lid if the kernels are “popping” out.

2



Cook the crumbed chicken strips

- Set air fryer to **200°C**. Place **crumbed chicken** into the air fryer basket and cook, turning halfway, until golden and cooked through (when no longer pink inside), **8-10 minutes**.
- Transfer to a paper towel-lined plate.

TIP: No air fryer? Heat a large frying pan over medium-high heat and add enough olive oil to coat the base. When oil is hot, fry chicken until golden and cooked through, 3-4 minutes each side.

TIP: Cook crumbed chicken in batches if needed!

4



Serve up

- Microwave **mini flour tortillas** on a plate in 10 second bursts until warmed through.
- Slice chicken if preferred.
- Fill tortillas with charred corn salad and BBQ crumbed chicken.
- Drizzle with **BBQ sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Pat dry and crumb as above. Cook, tossing, until pink and starting to curl up, 3-4 minutes.



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.

