

KID FRIENDLY









Pineapple Slices





Baby Spinach

Spring Onion



Chicken Breast

Mild Caribbean Jerk Seasoning





Mini Flour Tortillas

Garlic Aioli





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

Eat Me Early





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

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	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
spring onion	1 stem	2 stems
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)	2992kJ (715cal)	305kJ (73cal)
Protein (g)	46.2g	4.7g
Fat, total (g)	28.5g	2.9g
- saturated (g)	4.5g	0.5g
Carbohydrate (g)	62.7g	6.4g
- sugars (g)	15.4g	1.6g
Sodium (mg)	1250mg	127.4mg
Dietary Fibre (g)	6.7g	0.7g

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

- 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.
- · Thinly slice spring onion.
- · Cut chicken breast into 2cm chunks.
- 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.

Little cooks: Take charge by combining the chicken with the seasoning!



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 and corn, tossing, until browned, 3 minutes.
- Transfer **charred pineapple** to a chopping board, then roughly chop.
- In a second medium bowl, combine pineapple, corn, 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 and the corn.



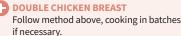
Serve up

- Fill tortillas with baby spinach leaves, Caribbean-spiced chicken and the pineapple and corn salsa.
- · Sprinkle over spring onion.
- Drizzle with garlic aioli to serve. Enjoy!

Little cooks: Take charge of assembling the tacos!









through, 4-6 minutes.

