



# 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



Spring 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



Protein Rich



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
<b>olive oil*</b>	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
<b>vinegar*</b> (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](https://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**.
- 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!

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** 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until 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.

