

Spiced Chicken & BBQ Mayo Tacos

with Charred Corn Salsa & Cheddar Cheese

KID'S KITCHEN

Grab your meal kit with this number

44



Cucumber



Tomato



Avocado



Chicken Breast



All-American Spice Blend



Corn



Mini Flour Tortillas



Cheddar Cheese



BBQ Mayo



Chicken Breast



Cheddar Cheese

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
olive oil*	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
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
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)	3836kJ (579cal)	579kJ (87cal)
Protein (g)	56.1g	8.5g
Fat, total (g)	44.5g	6.7g
- saturated (g)	10.9g	1.6g
Carbohydrate (g)	69.6g	10.5g
- sugars (g)	20.1g	3g
Sodium (mg)	1319mg	198.9mg
Dietary Fibre (g)	18g	2.7g

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

- 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 1cm strips.
- In a medium bowl, combine **chicken**, **All-American spice blend** and a drizzle of **olive oil**.

Little cooks: Help scoop out the avo!



Toss the salsa & heat the tortillas

- While chicken is cooking, to bowl with charred corn, add **cucumber**, **tomato** and **avocado**. Drizzle with **white wine vinegar** and **olive oil**. Toss to combine and season with **salt** and **pepper**.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

Little cooks: Take the lead by tossing the salsa!



Char the corn & cook the chicken

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

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

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



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

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CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



DOUBLE CHEDDAR CHEESE

Follow method above.

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

