

# Caribbean Chicken Tacos

with Pineapple & Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Pineapple Slices



Cucumber



Cos Lettuce



Chicken Tenderloins



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas





Mayonnaise



Long Red Chilli (Optional)

 Hands-on: 25-35 mins  
Ready in: 25-35 mins

 Spicy (optional long red chilli)

 Eat me early

Give chicken the "Jamaican jerk" treatment and bring the flavours of the Caribbean to taco night. For the quintessential experience, team the seasoned chicken with the sweet crunch of pineapple-cucumber salsa and a kick of heat from fresh chilli.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
pineapple slices	½ tin	1 tin
cucumber	1	2
cos lettuce	½ bag	1 bag
chicken tenderloins	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
white wine vinegar*	½ tsp	1 tsp
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	2 packets (80g)
long red chilli (optional)	½	1

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2609kJ (623Cal)	550kJ (131Cal)
Protein (g)	48.8g	10.3g
Fat, total (g)	21.6g	4.6g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	53.2g	11.2g
- sugars (g)	13.3g	2.8g
Sodium (mg)	1491mg	314mg

## 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

Finely chop the **garlic**. Reserve the juice from the **pineapple slices**, then drain. Finely chop the **cucumber**. Shred the **cos lettuce**.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** in batches, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate.

**TIP:** *Cooking the meat in batches will stop it from stewing and keep it tender.*



## Flavour the chicken

Slice the **chicken tenderloin** lengthways into 2cm-thick strips. In a medium bowl, combine the **garlic**, **mild Caribbean jerk seasoning** and the **salt**. Season with **pepper** and add a good drizzle of **olive oil**. Add the **chicken** and toss to coat. Set aside.



## Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through. In a small bowl, combine the **mayonnaise** and reserved **pineapple juice** (1/2 tbs for 2 people / 1 tbs for 4 people).



## Make the salsa

Heat a large frying pan over a high heat. When the pan is hot, cook the **pineapple slices** until browned, **3 minutes** each side. Transfer to a chopping board and roughly chop. In a small bowl, combine the chopped **pineapple** and **cucumber**. Add the **white wine vinegar**, **sugar** and season with **salt** and **pepper**. Drizzle with **olive oil** and mix well. Set aside.



## Serve up

Thinly slice the **long red chilli** (if using). Bring everything to the table to serve. Build your tacos by topping the tortillas with lettuce, Caribbean chicken and pineapple-cucumber salsa. Drizzle over the pineapple mayo and garnish with some long red chilli.

## Enjoy!