



Caribbean Chicken & Corn Tacos with Slaw & Cucumber

FRESH & FAST

Box to plate: 15 mins

Eat me early

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3434kJ (821Cal) | Protein 48.4g | Fat, total 34.6g - saturated 4.8g | Carbohydrate 71.9g - sugars 26.7g | Sodium 2233mg
The quantities provided above are averages only.

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2022 | WK47 | W



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Slaw Mix	1 small bag	1 large bag
Chicken Tenderloins	1 small pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts
Garlic Aioli	1 medium pkt	1 large pkt

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. Chop



Capsicum



Sweetcorn



Pineapple Slices



Lime



Slaw Mix

2. Sizzle



Chicken Tenderloins



Garlic Paste



Mild Caribbean Jerk Seasoning

3. Zap



Mini Flour Tortillas



Garlic Aioli



Coriander

- Slice **capsicum** into strips
- Drain **corn**
- Drain **pineapple**, then roughly chop
- Heat a frying pan over high heat with **olive oil**
- Cut **lime** into wedges
- In a bowl, combine **slaw mix** and a good squeeze of **lime juice**. Drizzle with **olive oil**. Season, then toss

- Heat a frying pan over high heat with **olive oil**
- Cook **chicken, corn, capsicum** and **pineapple**, tossing occasionally, until chicken is cooked through (no longer pink inside), **6-8 mins**
- Add **garlic paste** and **seasoning**. Cook until fragrant, **1-2 mins**

- Microwave **tortillas** in **10 second** bursts, until warm
- Spread **aioli** over **tortillas**
- Fill **tortillas** with **slaw** and **chicken mixture**
- Tear over **coriander**. Serve with remaining **lime** wedges



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