



COCONUT-CRUSTED CHICKEN STRIP TACOS

with Charred Corn & Mango Mayo



Crust chicken in shredded coconut



Free-range Chicken Breast



Shredded Coconut



Cos Lettuce



Corn



Coriander



Long Red Chilli (Optional)



Lime



Mini Flour Tortillas



Mango Mayonnaise

Pantry Staples: Olive Oil, Plain Flour, Salt, Eggs

- Hands-on: **30 mins**
- Ready in: **40 mins**
- Eat me early
- Spicy (optional long red chilli)

This dish inspired by the island bound flavours of the Caribbean delights in all things tropical. From the coconut crust (great for keeping chicken moist) to mango mayonnaise (adding a perfect lightness to creamy mayo), these tortillas might be as good as a holiday. Well, almost.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, three shallow bowls, fork, oven tray** lined with **baking paper, large bowl, medium frying pan, wooden spoon, aluminium foil, microwave** or **sandwich press** and a **plate**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **free-range chicken breast** lengthways into 2 cm strips. **TIP:** *Slice the chicken breast into 12 strips so you have one piece of chicken for each tortilla.*



2 MAKE THE COCONUT CHICKEN

In the first shallow bowl, combine the **plain flour** and **salt** (use suggested amount). In the second shallow bowl, whisk the **eggs** with a fork. In the third shallow bowl, place the **shredded coconut**. Dip the **chicken strips** into the flour mixture, followed by the egg and finally into the coconut. Transfer the coated chicken to the oven tray lined with baking paper and **drizzle** (or **spray**) with **olive oil**. Place in the oven to bake for **15-20 minutes**, or until golden and cooked through.



3 CONTINUE PREPPING

While the chicken is cooking, finely slice the **cos lettuce**. Slice the kernels off the **corn cob**. **TIP:** *Do this in a large bowl to stop the corn kernels from flying everywhere.* Slice the **lime** into wedges. Pick the **coriander** leaves. Finely slice the **long red chilli** (if using). **TIP:** *Save the coriander and chilli for the adult portions to add an extra element of flavour.*



4 CHAR THE CORN

Heat a **drizzle** of **olive oil** in a medium frying pan over a high heat. Add the **corn kernels** and cook, stirring occasionally, for **5 minutes**, or until golden and lightly charred. Season to taste with a **pinch** of **salt** and **pepper** and remove the pan from the heat. **TIP:** *Loosely cover the pan with foil between stirring to stop the kernels from jumping out of the pan.*



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 seconds**, or until heated through.



6 SERVE UP

Divide the mini tortillas between plates and top with the shredded lettuce, charred corn and coconut-crusted chicken strips. Drizzle with the **mango mayonnaise** and squeeze over the juice from the **lime wedges**. **TIP:** *Add as much or as little lime juice as you like depending on your taste preference.* Sprinkle over the coriander and long red chilli (if using). **TIP:** *Some like it hot but if you don't, just hold back on the chilli.*

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
free-range chicken breast	1 packet
plain flour*	2 tbs
salt*	1 tsp
eggs*	2
shredded coconut	2 packets (1 1/2 cups)
cos lettuce	1 head
corn	1 cob
lime	1
coriander	1 bunch
long red chilli (optional)	1
mini flour tortillas	12
mango mayonnaise	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4050kJ (968Cal)	938kJ (224Cal)
Protein (g)	52.9g	12.2g
Fat, total (g)	57.9g	13.4g
- saturated (g)	28.4g	6.6g
Carbohydrate (g)	54.2g	12.6g
- sugars (g)	6.7g	1.5g
Sodium (g)	576mg	133mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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