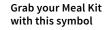


Quick Crumbed Chicken Tacos with BBQ Mayo & Cheddar Cheese











Cos Lettuce





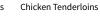


Spice Blend





Panko Breadcrumbs





Tortillas



BBQ Mayonnaise



Shredded Cheddar Cheese

Pantry items

Olive Oil, Egg



Hands-on: 15-25 mins Ready in: 25-35 mins



Eat me early

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
tomato	1	2
cos lettuce	½ head	1 head
cucumber	1	2
Tex-Mex spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken tenderloins	1 packet	1 packet
mini flour tortillas	6	12
BBQ mayonnaise	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3718kJ (888Cal)	692kJ (165Cal)
Protein (g)	61.4g	11.4g
Fat, total (g)	38.7g	7.2g
- saturated (g)	10.2g	1.9g
Carbohydrate (g)	69.3g	12.9g
- sugars (g)	10.6g	2g
Sodium (mg)	1429mg	266mg

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

Roughly chop the **tomato**. Shred the **cos lettuce** (see ingredients). Cut the **cucumber** into thin sticks.



Prep the crumb

SPICY! This is a mild spice blend, but if you're sensitive to heat, feel free to add less. In a bowl, add the **Tex-Mex spice blend**. In a second bowl, whisk the **egg**. In a third bowl, place the **panko breadcrumbs**.



Crumb the chicken

Dip the **chicken tenderloins** into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Cook the chicken

In a large frying pan, heat enough **olive oil** to coat the base of the pan over a medium-high heat. Cook the crumbed **chicken** until golden, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.



Heat the tortillas

Microwave the **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Serve up

Slice the chicken tenderloins. Bring everything to the table. Fill your tortillas with a helping of **BBQ mayo**, cos lettuce, crumbed chicken slices, **shredded Cheddar cheese**, tomato and cucumber.

Enjoy!