



Quick Crumbed Chicken Tacos

with BBQ Mayo & Cheddar Cheese

Grab your Meal Kit with this symbol



Tomato



Cos Lettuce



Cucumber



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Mini Flour Tortillas



BBQ Mayonnaise



Shredded Cheddar Cheese

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

Eat me early

Crispy golden chicken, crispy veggies and Cheddar cheese – we promise, this combo is love at first bite! And second bite, and third bite...

Pantry items

Olive Oil, Egg

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](https://www.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!