



Easy Crumbed Chicken Tacos

with BBQ Mayo, Tomato Salsa & Cheddar Cheese

Grab your Meal Kit with this symbol



Cos Lettuce



Cucumber



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Mini Flour Tortillas



BBQ Mayo



Tomato Salsa



Shredded Cheddar Cheese

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

Eat Me Early

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

The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3585kJ (856Cal)	673kJ (160Cal)
Protein (g)	61.8g	11.6g
Fat, total (g)	33.9g	6.4g
- saturated (g)	9.5g	1.8g
Carbohydrate (g)	71.4g	13.4g
- sugars (g)	11.1g	2.1g
Sodium (mg)	1658mg	311mg

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.

1



Get prepped

- Shred **cos lettuce** (see ingredients). Cut **cucumber** into thin sticks.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat.* In a shallow bowl, add **Tex-Mex spice blend**. In a second shallow bowl, whisk **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken tenderloins** in **spice blend**, then in the **egg**, and finally in **panko breadcrumbs**. Transfer to a plate.

3



Heat the tortillas

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

2



Cook the chicken

- Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **chicken** until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook in batches for the best results!

TIP: The chicken is cooked through when it's no longer pink inside.

4



Serve up

- Slice crumbed chicken tenderloins.
- Spread some **BBQ mayo** on the tortillas, then fill with cos lettuce, cucumber and chicken. Serve topped with **tomato salsa** and **shredded Cheddar cheese**.

Enjoy!

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