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Crumbed Chicken Tacos with Lemon Aioli

These tacos are a double whammy! We can't decide what we like more, the crispy bites of panko crusted chicken or the incredible lemon aioli you're going to create yourself. Thank goodness that in these warming tortillas, we don't have to choose!



Prep: 20 mins



Cook: 10 mins



Total: 30 mins



level 2



eat me
early



high fibre

Pantry Items



Milk



Plain Flour



Olive Oil



Panko
Breadcrumbs



Free Range
Chicken Breast



Lemon



Aioli



Mini Flour
Tortillas



Tomato



Gem Lettuce



Coriander

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2P	4P	Ingredients
1 packet	2 packets	panko breadcrumbs
¼ cup	½ cup	milk *
¼ cup	½ cup	plain flour *
2 fillets	4 fillets	free-range chicken breast
2 tbs	4 tbs	olive oil *
½	1	lemon, zested & juiced
1 tub	2 tubs	aioli
1 packet	2 packets	mini flour tortillas
1	2	tomato, diced
1 head	2 heads	gem lettuce, washed & finely sliced
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	5400	Kj
Protein	63.6	g
Fat, total	44.6	g
-saturated	7.3	g
Carbohydrate	149	g
-sugars	8.3	g
Sodium	1260	mg



You will need: *chef's knife, chopping board, zester, three shallow bowls, baking paper or cling wrap, meat mallet or rolling pin, large frying pan, tongs, paper towel, plate, small bowl and microwave or sandwich press.*

1 In a shallow bowl place the **panko breadcrumbs** and a generous seasoning of **salt** and **pepper**. In another bowl place the **milk** and in a third bowl place the **plain flour**.



2 Place the **chicken breast fillets** between two sheets of baking paper or cling wrap and lay on a flat surface. Using a meat mallet or rolling pin bash each fillet until they are 1 cm thick. Dip the chicken breast in the flour, followed by the milk and then in the panko breadcrumbs to coat evenly.

3 Heat the **olive oil** in a large frying pan over a medium-high heat. Add the crumbed chicken and cook for **3-4 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain while you prepare the aioli.



4 In a small bowl combine a pinch of the **lemon zest**, the **lemon juice** and the **aioli**.

5 Heat the **mini flour tortillas** in a sandwich press or in the microwave for **30 seconds**.

6 Slice the chicken into 1 cm thick slices.

7 To serve, place the **tomato, gem lettuce, coriander leaves**, lemon aioli, crispy chicken strips and warm tortillas out on the table and let everybody build their own crispy chicken tacos. Yum!



Did you know? Lemons and other citrus fruits can help prevent oxidation. Sprinkle some lemon juice on cut fruits to help them stay fresh longer.