

Smokey Jamaican Chicken Tacos

with Charred Corn Salsa

Grab your Meal Kit with this symbol



Mild Caribbean Jerk Seasoning



Chicken Tenderloin



Corn



Red Onion



Tomato



Coriander



Cos Lettuce




Mini Flour Tortillas



Smokey Aioli

 Hands-on: **10-20 mins**
 Ready in: **20-30 mins**

 Eat me early

You told us you loved Jamaican jerk chicken, and we listened! We're giving it a spin in tasty tacos with a tangy corn salsa and crunchy lettuce to bring the meal together.

Pantry items

Olive Oil, White Wine Vinegar

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
mild Caribbean jerk seasoning	1 sachet	2 sachets
chicken tenderloin	1 packet	1 packet
salt*	¼ tsp	½ tsp
corn	1 cob	2 cobs
red onion	¼	½
tomato	1	2
coriander	1 bag	1 bag
cos lettuce	½ head	1 head
white wine vinegar*	1 tsp	2 tsp
mini flour tortillas	6	12
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2949kJ (704Cal)	628kJ (150Cal)
Protein (g)	50.4g	10.7g
Fat, total (g)	30g	6.4g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	54.5g	11.6g
- sugars (g)	12g	2.6g
Sodium (mg)	1449mg	309mg

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.



1. Flavour the chicken

In a medium bowl, combine the **mild Caribbean jerk seasoning**, the **salt** and a **drizzle of olive oil**. Add the **chicken tenderloin** and toss to coat. Set aside.



2. Get prepped

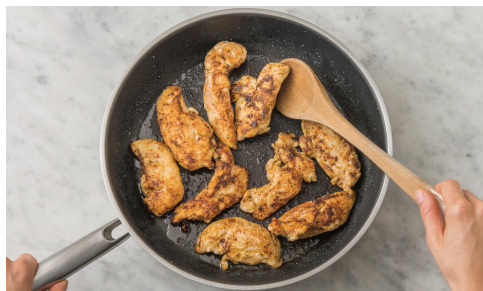
Slice the **kernels** off the **corn cob**. Finely chop the **red onion** (see ingredients list). Finely chop the **tomato**. Roughly chop the **coriander**. Shred the **cos lettuce** (see ingredients list).



3. Make the corn salsa

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **corn kernels** and cook, tossing occasionally, **4-5 minutes**, or until golden and lightly charred. Transfer the **corn** to a medium bowl. Add the **onion**, **tomato** and **coriander**. Season to taste. Add a **drizzle of olive oil** and the **white wine vinegar**. Mix well and set aside.

TIP: Add as much or as little red onion as you like depending on your taste!



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**.

TIP: The jerk spice blend will char a little during cooking, this adds to the flavour!



5. Heat the tortillas

Meanwhile, heat the **mini flour tortillas** in a sandwich press or microwave on a plate in **10 second bursts** until warm.



6. Serve up

Bring everything to the table. Fill the tortillas with some shredded cos lettuce, smokey Jamaican chicken, a dollop of **smokey aioli** and a spoonful of charred corn salsa.

Enjoy!