

Quick Asian Chicken Tacos

with Japanese Mayo

Grab your Meal Kit with this symbol



Sweetcorn



Coriander



Mayonnaise



Japanese Dressing



Slaw Mix



Chicken Tenderloins



Sichuan Garlic Paste




Mini Flour Tortillas



Crunchy Fried Noodles

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

 Eat me early

Save time at dinner and still end up with a tasty spread of delicious flavours! Tender chicken in a mild Sichuan paste gets loaded into these fun tacos, along with a creamy slaw and crunchy fried noodles. You're in for a family feast!

Pantry items

Olive Oil

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
sweetcorn	1 tin (125g)	1 tin (300g)
coriander	1 bag	1 bag
mayonnaise	1 packet (40g)	2 packets (80g)
Japanese dressing	1 tub	2 tubs
slaw mix	1 bag (150g)	1 bag (300g)
chicken tenderloins	1 packet	1 packet
Sichuan garlic paste	1 packet	2 packets
mini flour tortillas	6	12
crunchy fried noodles	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3782kJ (904Cal)	766kJ (183Cal)
Protein (g)	51.6g	10.4g
Fat, total (g)	43g	8.7g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	72.4g	14.7g
- sugars (g)	19.9g	14.7g
Sodium (mg)	1599mg	324mg

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

Drain the **sweetcorn**. Roughly chop the **coriander**.



Make the slaw

In a medium bowl, combine the **mayonnaise** and **Japanese dressing**. Add the **slaw mix** and 1/2 the **coriander**. Toss to coat.



Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn**, tossing, until lightly charred **4-5 minutes**. Transfer to a small bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side. Remove the pan from the heat and add the **Sichuan garlic paste**. Season with **salt** and **pepper** and stir to coat.

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



Heat the tortillas

Microwave the **mini flour tortillas** in **10 second** bursts or until warm.



Serve up

Bring everything to the table to serve. Build the tacos by adding a helping of the dressed slaw mix to the tortilla then topping with the Sichuan garlic chicken, corn and a sprinkling of the remaining coriander and **crunchy fried noodles**.

Enjoy!