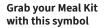


# Quick Caribbean Chicken Tacos with Pineapple & Corn Salsa













Pineapple Slices



Sweetcorn







Mild Caribbean



Mini Flour

Tortillas

Jerk Seasoning



Long Red Chilli (Optional)



Deluxe Salad



Garlic Aioli

**Pantry items** 

Olive Oil, Vinegar (White Wine or Balsamić)

Give chicken the "Jamaican jerk" treatment and bring the flavours of the Caribbean to taco night. For the quintessential experience, team the seasoned chicken with the sweet crunch of pineapple-corn salsa and a kick of heat from fresh chilli.

## 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	1 clove	2 cloves	
pineapple slices	½ tin	1 tin	
sweetcorn	1 tin (125g)	1 tin (300g)	
chicken tenderloins	1 small packet	1 large packet	
mild Caribbean jerk seasoning	1 sachet	2 sachets	
salt*	1/4 tsp	½ tsp	
vinegar* (white wine or balsamic)	drizzle	drizzle	
mini flour tortillas	6	12	
long red chilli (optional)	1/2	1	
deluxe salad mix	1 medium bag	1 large bag	
garlic aioli	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	629kJ (150Cal)
Protein (g)	48.3g	10g
Fat, total (g)	29.8g	6.2g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	60g	12.4g
- sugars (g)	16.6g	12.4g
Sodium (mg)	1574mg	326mg

The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped

- Finely chop garlic. Reserve some juice from the pineapple slices (2 tsp for 2 people / 1 tbs for 4 people), then drain. Drain sweetcorn.
- Slice chicken tenderloins, lengthways, into 2cm-thick strips.
- In a medium bowl, combine garlic, mild Caribbean jerk seasoning and the salt. Season with pepper and drizzle with olive oil. Add chicken, tossing to coat.



# Cook the chicken

- Return frying pan to a medium-high heat with a drizzle of olive oil. When oil
  is hot, cook chicken until browned and cooked through, 3-4 minutes.
- When chicken is done, microwave mini flour tortillas on a plate for 10 second bursts, or until warmed through.

**TIP:** If your pan is getting crowded, cook chicken in batches for the best results! **TIP:** Chicken is cooked through when it's no longer pink inside.



#### Make the salsa

- Heat a large frying pan over a high heat. Cook pineapple slices and corn, tossing, until browned, 3 minutes.
- Transfer **pineapple** to a chopping board. Roughly chop.
- In a small bowl, combine pineapple, corn, reserved pineapple juice and a drizzle of vinegar. Season to taste.

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



## Serve up

- · Thinly slice long red chilli (if using).
- Fill tortillas with deluxe salad mix, Caribbean chicken and pineapple and corn salsa.
- Drizzle with garlic aioli and sprinkle with chilli to serve.

## Enjoy!

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