

# Quick Caribbean Chicken Tacos

with Pineapple & Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Pineapple Slices



Sweetcorn



Chicken Tenderloins



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Long Red Chilli (Optional)



Deluxe Salad Mix



Garlic Aioli



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



Eat Me Early



Spicy (optional long red chilli)

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.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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 |
| 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*                             | ¼ tsp           | ½ tsp           |
| vinegar* (white wine or balsamic) | drizzle         | drizzle         |
| mini flour tortillas              | 6               | 12              |
| long red chilli (optional)        | ½               | 1               |
| deluxe salad mix                  | 1 medium bag    | 1 large bag     |
| garlic aioli                      | 1 packet (50g)  | 1 packet (100g) |

\*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](https://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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