



Mexican Chicken & Bacon-Corn Tacos

with Guacamole, Cos Lettuce & Chipotle Sour Cream

NEXT-LEVEL TACOS

Grab your Meal Kit with this symbol



Cos Lettuce



Tomato



Lemon



Sweetcorn



Mexican Fiesta Spice Blend



Chicken Breast Strips



Diced Bacon



Avocado



Sour Cream



Mild Chipotle Sauce



Mini Flour Tortillas



Coriander

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Kick off the afternoon festivities with a dinner that everyone will love - chicken tacos. You'll love the bacon and corn combo, it's vibrant and super tasty. But the real party gets started when the guacamole arrives, because what taco night is complete without some guac'!

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	½ head	1 head
tomato	1	2
lemon	½	1
sweetcorn	1 tin	1 tin
Mexican Fiesta spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
diced bacon	1 packet	1 packet
avocado	1	2
sour cream	1 medium packet	1 large packet
mild chipotle sauce	1 large packet	2 large packets
mini flour tortillas	6	12
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4188kJ (1001Cal)	637kJ (152Cal)
Protein (g)	55.1g	8.4g
Fat, total (g)	60.9g	9.3g
- saturated (g)	22.1g	3.4g
Carbohydrate (g)	51.5g	7.8g
- sugars (g)	13.1g	2g
Sodium (mg)	1865mg	284mg

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

- Roughly chop **cos lettuce** (see ingredients). Finely chop **tomato**. Slice **lemon** into wedges. Drain the **sweetcorn**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat! In a medium bowl, combine **Mexican Fiesta spice blend** and a drizzle of **olive oil**. Add **chicken breast strips** and toss to combine.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.

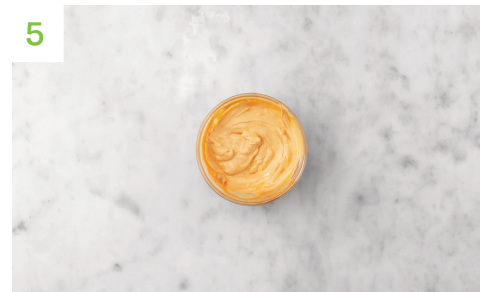
TIP: Chicken is cooked through when it's no longer pink inside.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Cook the bacon & corn

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** and **corn**, breaking up with a spoon, until golden, **6-7 minutes**. Transfer to a bowl.



Make the sauce

- **SPICY!** This is a mild sauce, but use less if you're sensitive to heat! While the chicken is cooking, combine **sour cream** and **mild chipotle sauce** in a small bowl.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Make the guacamole

- Meanwhile, slice **avocado** in half and scoop out flesh.
- In a second medium bowl, add **avocado** with a squeeze of **lemon juice** and a drizzle of **olive oil** and mash until smooth. Stir through **tomato**, then season to taste. Set aside.



Serve up

- Bring everything to the table to serve.
- Build your tacos by topping with some chipotle sour cream, cos lettuce, Mexican chicken, guacamole and bacon-corn.
- Tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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