



# Smokey Crumbed Chicken Tacos

with Charred Corn Slaw & Spring Onion

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Spring Onion



Sweetcorn



Chicken Breast



Panko Breadcrumbs



All-American Spice Blend



Slaw Mix



Garlic Aioli



Mini Flour Tortillas

Prep in: 35-45 mins  
Ready in: 35-45 mins

Eat Me Early

Crispy crumbed chicken, creamy slaw and charred corn in a taco – we promise, this combo is love at first bite! And second bite, and third bite...

### Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar



## 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                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                      |
| baby spinach leaves        | 1 small bag     | 1 medium bag                         |
| spring onion               | 1 stem          | 2 stems                              |
| sweetcorn                  | 1 tin           | 1 tin                                |
| chicken breast             | 1 small packet  | 2 small packets<br>OR 1 large packet |
| <b>plain flour*</b>        | 2 tbs           | ¼ cup                                |
| <b>egg*</b>                | 1               | 2                                    |
| panko breadcrumbs          | 1 medium packet | 1 large packet                       |
| All-American spice blend   | 1 medium sachet | 1 large sachet                       |
| slaw mix                   | 1 bag (150g)    | 1 bag (300g)                         |
| garlic aioli               | 1 medium packet | 1 large packet                       |
| <b>white wine vinegar*</b> | drizzle         | drizzle                              |
| mini flour tortillas       | 6               | 12                                   |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3310kJ (791Cal) | 668kJ (160Cal) |
| Protein (g)      | 50.7g           | 10.2g          |
| Fat, total (g)   | 34.6g           | 7g             |
| - saturated (g)  | 7.9g            | 1.6g           |
| Carbohydrate (g) | 73.4g           | 14.8g          |
| - sugars (g)     | 10.5g           | 2.1g           |
| Sodium (mg)      | 1708mg          | 344mg          |

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

- Roughly chop **baby spinach leaves**. Thinly slice **spring onion**. Drain the **sweetcorn**.
- Cut **chicken breast** into 2cm strips.



## Cook the chicken

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base.
- Cook **crumbed chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.



## Char the corn

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

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



## Make the slaw

- While chicken is cooking, add **slaw mix** to the **charred corn**, along with **baby spinach**, **garlic aioli** and a drizzle of **white wine vinegar**. Season with **salt** and **pepper**, then toss to coat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Crumb the chicken

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **All-American spice blend**.
- Coat **chicken** first in the **flour**, then the **egg** and finally the **breadcrumbs**. Set aside on a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.



## Serve up

- Bring everything to the table to serve.
- Build your tacos by topping tortillas with charred corn slaw and crumbed chicken strips.
- Garnish with spring onion to serve. Enjoy!

**Little cooks:** Take the lead and help build the tacos!

## We're here to help!

Scan here if you have any questions or concerns



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