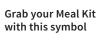


Smokey Crumbed Chicken & Avocado Tacos with Charred Corn Slaw & Garlic Aioli

CUSTOMER FAVOURITE

KID FRIENDLY











Avocado





Spring Onion

Chicken Breast





All-American Spice



Garlic Aioli



Mini Flour Tortillas

Slaw Mix



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



Eat Me Early

Crispy crumbed chicken, creamy avocado 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

ing. calcine			
	2 People	4 People	
olive oil*	refer to method	refer to method	
baby spinach leaves	1 small bag	1 medium bag	
sweetcorn	1 tin	1 tin	
avocado	1	2	
spring onion	1 stem	2 stems	
chicken breast	1 small packet	2 small packets OR 1 large packet	
plain flour*	2 tbs	¼ cup	
egg*	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	
white wine vinegar*	drizzle	drizzle	
mini flour tortillas	6	12	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4106kJ (981Cal)	698kJ (167Cal)
Protein (g)	52.5g	8.9g
Fat, total (g)	54.4g	9.2g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	73.4g	12.5g
- sugars (g)	10.5g	1.8g
Sodium (mg)	1711mg	291mg

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 baby spinach leaves. Drain the sweetcorn. Slice avocado in half, scoop out flesh and roughly chop.
- Thinly slice spring onion.
- Cut chicken breast into 2cm strips.



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.



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 **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.



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.



Make the slaw

- While the chicken is cooking, add slaw mix to the bowl of charred corn, along with avocado, 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.



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!



Rate your recipe