



Smokey Crumbed Chicken & Avocado Tacos

with Charred Corn Slaw & Garlic Aioli

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Sweetcorn



Avocado



Spring Onion



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 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

	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.



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 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.



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.



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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