

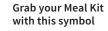
Caribbean Chicken Tacos

with Tomato-Corn Salsa & Garlic Aioli

KID FRIENDLY

BESTSELLER

CLIMATE SUPERSTAR











Mild Caribbean Jerk Seasoning



Carrot

Coriander





Tomato



Mini Flour Tortillas



Garlic Aioli



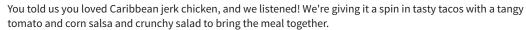
Leaves



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early







Pantry items

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

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	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin	1 tin
chicken breast	1 small packet	2 small packets OR 1 large packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
carrot	1	2
tomato	1	2
coriander	1 bag	1 bag
mini flour tortillas	6	12
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2562kJ (612Cal)	535kJ (128Cal)
Protein (g)	43.5g	9.1g
Fat, total (g)	24g	5g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	53g	11.1g
- sugars (g)	11.7g	2.4g
Sodium (mg)	1606mg	335mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	561kJ (134Cal)
Protein (g)	42.3g	9g
Fat, total (g)	26.3g	5.6g
- saturated (g)	9g	1.9g
Carbohydrate (g)	52.2g	11.1g
- sugars (g)	11.6g	2.5g
Sodium (mg)	1581mg	337mg

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.



Scan here if you have any questions or concerns





Get prepped

- Drain the sweetcorn. Cut chicken breast into 2cm chunks.
- In a medium bowl, combine mild Caribbean jerk seasoning, a pinch of salt and a drizzle of olive oil. Add chicken, toss to coat and set aside.

Little cooks: Take charge by combining the ingredients!

Custom Recipe: If you've upgraded your diced chicken to beef rump, combine beef with seasoning as above. Continue with step.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of olive oil.
 Cook chicken, tossing, until browned and cooked through, 5-6 minutes.
- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

Little cooks: Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!

Custom Recipe: Heat pan over high heat with a drizzle of olive oil. When oil is hot, cook beef for 2-3 minutes each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes. Continue with step.



Make the corn salsa

- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned. 4-5 minutes. Transfer to a second medium bowl.
- Meanwhile, grate carrot. Roughly chop tomato and coriander.
- Add tomato and coriander to the bowl with the charred corn. Drizzle with olive oil and season with salt and pepper.

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



Serve up

- In a third medium bowl, combine mixed salad leaves, carrot and a drizzle of white wine vinegar and olive oil. Season to taste.
- Top tortillas with salad, Caribbean jerk chicken and tomato-corn salsa.
- Dollop with garlic aioli to serve. Enjoy!

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

Custom Recipe: Slice beef, then add to tortillas to serve.

Rate your recipe

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