



Caribbean Chicken Tacos

with Tomato-Corn Salsa & Garlic Aioli

KID FRIENDLY

BESTSELLER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweetcorn



Chicken Breast



Mild Caribbean Jerk Seasoning



Carrot



Tomato



Coriander



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli



Beef Rump

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

Calorie Smart

Eat Me Early

You told us you loved Caribbean jerk chicken, and we listened! We're giving it a spin in tasty tacos with a tangy tomato and corn salsa and crunchy salad to bring the meal together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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
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.

We're here to help!

Scan here if you have any questions or concerns

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1



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.

3



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.

2



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.

4



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

Did we make your tastebuds happy?

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