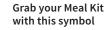


# Louisiana Chicken & Corn Tacos

with Creamy Slaw & Herbs

NEW









Sweetcorn

Louisiana Spice Blend





Chicken Breast Strips

Slaw Mix





Mayonnaise

Tortillas



Herbs



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

Eat Me Early

Taco night means a party for your tastebuds, so let's celebrate with the best chicken, spiced Louisiana chicken. Get the party started with popping corn and slaw, then wind things down by adding a drizzle of creamy mayo. This is going to be a taco night you won't forget.



Olive Oil

### 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	2 tins
Louisiana spice blend	1 sachet	2 sachets
chicken breast strips	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 large packet	2 large packets
mini flour tortillas	6	12
herbs	½ bag	1 bag
*Pantry Items		

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3335kJ (797Cal)	636kJ (152Cal)
Protein (g)	45.8g	8.7g
Fat, total (g)	41.1g	7.8g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	54g	10.3g
- sugars (g)	12.6g	2.4g
Sodium (mg)	1970mg	376mg

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

- Drain the sweetcorn.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a
  medium bowl, combine Louisiana spice blend and a drizzle of olive oil. Add
  chicken breast strips and turn to coat.



#### Cook the chicken

 In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken strips and corn until browned and cooked through, 3-4 minutes each side.

TIP: Chicken is cooked through when it is no longer pink inside.



# Bring it all together

- Meanwhile, combine slaw mix in a large bowl, along with half the mayonnaise and a drizzle of olive oil. Season with salt and pepper.
- 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 creamy slaw and Louisiana chicken strips and corn. Drizzle over remaining mayonnaise and tear over herbs (see ingredients) to serve. Enjoy!



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