



Louisiana Chicken & Corn Tacos

with Creamy Slaw & Herbs

NEW

Grab your Meal Kit with this symbol



Sweetcorn



Louisiana Spice Blend



Chicken Breast Strips



Slaw Mix



Mayonnaise



Mini Flour Tortillas



Herbs

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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.

Pantry items

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.

1



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.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW01



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