



# Quick Louisiana Popcorn Chicken Tacos

with Cos Salad & Dijon Mayonnaise

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cos Lettuce



Carrot



Sweetcorn



Chicken Breast



Louisiana Spice Blend



Mini Flour Tortillas



Mayonnaise



Dijon Mustard



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 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 salad, then wind things down by adding a drizzle of creamy dijon mayo. This is going to be a taco night you won't forget.

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

### Pantry items

Olive Oil, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
cos lettuce	1 head	2 heads
carrot	1	2
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
dijon mustard	1 medium packet	1 large packet
<b>honey**</b>	1 tsp	2 tsp
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (696Cal)	521kJ (125Cal)
Protein (g)	50.7g	9.1g
Fat, total (g)	28g	5g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	56.7g	10.1g
- sugars (g)	14.6g	2.6g
Sodium (mg)	1968mg	352mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3684kJ (880Cal)	500kJ (120Cal)
Protein (g)	89.6g	12.2g
Fat, total (g)	31.2g	4.2g
- saturated (g)	8.3g	1.1g
Carbohydrate (g)	57.8g	7.8g
- sugars (g)	14.8g	2g
Sodium (mg)	2102mg	285mg

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](https://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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## Get prepped

- Finely shred **cos lettuce**. Grate **carrot**. Drain **sweetcorn**.
- Cut **chicken breast** into 2cm chunks.
- **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** and toss to coat.

**Custom Recipe:** If you've doubled your chicken breast, flavour in a large bowl.



## Bring it all together

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **mayonnaise**, **dijon mustard**, the **honey** and a drizzle of **olive oil**. Add **cos lettuce** and **carrot** and toss to combine. Season to taste.



## Cook the chicken & corn

- In large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **corn**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

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

**Custom Recipe:** Cook chicken in batches for best results.



## Serve up

- Bring everything to the table.
- Build your own tacos by topping with cos salad and Louisiana-spiced chicken and corn. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)