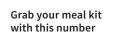


Smokey Chicken Hard Shell Tacos with Smashed Avocado Salsa & Sour Cream

KID'S KITCHEN

KID FRIENDLY











Baby Leaves

Avocado





Sweetcorn

Mini Flour Tortillas





All-American Spice Blend



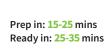
BBQ Sauce



Sour Cream







Eat Me Early

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Welcome to the American South, where the barbecue is famous and plentiful! Try this succulent, tangy chicken to see what all the hype is about. Enjoy with a good dollop of sour cream packed in to hard shell tacos for a Tex-Mex twist on the all-American fare.



Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
tomato	1	2
cucumber	1 (medium)	1 (large)
baby leaves	1 small packet	1 medium packet
avocado	1 (small)	1 (large)
sweetcorn	1 medium tin	1 large tin
mini flour tortillas	6	12
white wine vinegar*	drizzle	drizzle
diced chicken	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
BBQ sauce	1 medium packet	1 large packet
sour cream	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3215kJ (768cal)	276kJ (66cal)
Protein (g)	45.8g	3.9g
Fat, total (g)	36.3g	3.1g
- saturated (g)	13.8g	1.2g
Carbohydrate (g)	59.2g	5.1g
- sugars (g)	20.8g	1.8g
Sodium (mg)	1447mg	124.4mg
Dietary Fibre (g)	16.2g	1.4g

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

- Preheat oven to 200°C/180°C fan-forced.
- Finely chop tomato, cucumber and baby leaves.
- Slice avocado in half, scoop out flesh and finely chop.
- Drain sweetcorn.

Little cooks: Help prep the avo!



Bake the hard shell tacos

- Drape mini flour tortillas in between wire racks and grill until golden, 8-10 minutes.
- Meanwhile, in a medium bowl, add tomato, cucumber, baby leaves, avocado and a drizzle of white wine vinegar and olive oil. Season with salt and pepper and toss to combine. Set aside.

Little cooks: Take the lead by tossing the salsa!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook diced chicken and corn, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Reduce heat to medium-high, then add All-American spice blend and cook until fragrant, 1 minute.
- Add the water and BBQ sauce and cook until slightly reduced, 1-2 minutes.



Serve up

- Build tacos by filling with smokey chicken and corn and avocado salsa.
- Serve with a dollop of **sour cream**. Enjoy!

Little cooks: Add the salsa and salad to the taco shells. Once the chicken and corn mixture has been added, finish it off and top with a dollop of sour cream.

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









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

