

Quick Smokey Chicken Tacos

with Avocado Salsa & Sour Cream

KID'S KITCHEN

Grab your meal kit with this number

42



Tomato



Cucumber



Baby Leaves



Avocado



Sweetcorn



Mini Flour Tortillas



Diced Chicken



All-American Spice Blend



BBQ Sauce



Sour Cream



Peeled Prawns



Diced Chicken

Prep in: 15-25 mins
Ready in: 25-35 mins

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 soft tortillas for a Tex-Mex twist on the all-American fare.

Pantry items

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
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
diced chicken	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
BBQ sauce	1 medium packet	1 large packet
sour cream	1 packet	2 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](https://www.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

- 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!



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**.

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



Make the salsa & heat the tortillas

- Meanwhile, in a medium bowl, add **tomato, cucumber, avocado, baby leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper** and toss to combine. Set aside.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

Little cooks: Take the lead by tossing the salsa!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.

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

